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Mother murders children in gruesome attack

Two children, aged eight and 11, were brutally murdered by their own mother this week, who in turn committed suicide after the crime, which has left an entire community in shock. (See Page 3)

Hotel occupancy up in the Algarve

Reflecting the surge in airport figures, hotel occupancy figures have also risen significantly this summer. The average room occupation rate in the Algarve during the month of August was 96.2 per cent, 2.2 per cent higher than August 2006. (See Page 3)

Dalai Lama in Portugal

The Tibetan spiritual leader, the Dalai Lama, landed in Lisbon on Wednesday, September 12th to initiate what will be five days of public conferences and teachings, as well as meeting with Portuguese MPs and the speaker of Portuguese Parliament. (See Page 3)

Exclusive: Luís Villas-Boas

The man who has housed hundreds of children at a home in Faro for more than two decades speaks to **The Portugal News**. (See Pages 4 and 5)

Baby snatcher goes on trial

A woman accused of kidnapping a new-born baby from the Padre Américo Hospital, Penafiel in northern Portugal, and keeping her for more than one year after feigning pregnancy, has this week gone on trial. (See Page 5)

Weekend weather

Lisbon: Saturday: Sunny, high of 29°
Sunday: Sunny, high of 29°. **Faro:** Saturday: Sunny, high of 26°
Sunday: Sunny, high of 26°. **Oporto:** Saturday: Mostly Sunny, high of 25°
Sunday: Mostly Sunny, high of 24°.

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After more than four months, Portuguese and British politicians speak out after Kate and Gerry are made suspects

POLITICIANS STEP IN



After four months of almost absolute silence, a number of high ranking politicians and law enforcement authorities, both here and in Britain, have expressed their views on the latest developments involving the disappearance of Madeleine McCann and the constitution of her parents, Kate and Gerry, as formal suspects. Both the Prime Ministers of Portugal and Britain have made official statements, along with the Portuguese Minister of Justice, and the UK Foreign and Home Secretaries, an indication of the effect the disappearance of a four-year old British girl has had on both countries.

Portuguese Prime Minister José Sócrates has this week spoken for the first occasion on the Madeleine McCann case.

Mr Sócrates, who has avoided answering questions concerning investigations, broke his silence only days after two UK cabinet ministers and Prime Minister Brown had expressed their views.

In comments to *El País* on Wednesday, the Portuguese Prime Minister said he has "total trust in the work being done by the Portuguese police".

He added the Polícia Judiciária has his full support in "a very difficult" case which he describes as being strictly "a police one" and not political.

"The police gave the best they have to discover what happened to the little (girl)", Mr Sócrates

Madeleine, see p.2

Dalai Lama in Portugal



The Tibetan spiritual leader, the Dalai Lama, landed in Lisbon on Wednesday September 12th to initiate what will be five days of public conferences and teachings, as well as meeting with Portuguese MPs and the speaker of Portuguese Parliament.

Awarded a Nobel peace Prize in 1989, the Dalai Lama will also be meeting with the high commissioner for the United Nations' Civilization Alliance, former Portuguese President, Jorge Sampaio.

His trip to Portugal is the result of many invites from institutions, like the Tibetan House of Culture, the Kangyur Rinpoche Foundation, the Portuguese Buddhist Union, and Lisbon's College and University for Architecture.

During his visit in Portugal, he will also attend meetings with foreign entities, such as Philippe Douste-Blazy, French President Sarkozy's adviser, and Louis Charles Viosa, French Ambassador for the AIDS phenomenon.

This current trip is the Dalai Lama's second time in Portugal.

However, the trip does not include any official contact with

the government.

Some opposition parties criticised the "real politick" of the Socialist cabinet of Prime Minister José Sócrates in skirting any official contact with the Nobel peace laureate to avoid offending China.

Foreign Minister Luís Amado said at the weekend that the Dalai Lama would not be received by the government for "obvious reasons", a reference to objections from Beijing whose forces occupied Tibet in 1959.

Tenzin Gyatso, the 14th Dalai Lama, first visited Portugal in November 2001, having stayed in Lisbon, Oporto, and Fátima's sanctuary.

Born in 1935 in Northeast Tibet, the Dalai Lama presently lives in exile in Dharamsala, northern India, since he fled his homeland in 1959, after the Chinese invasion.



Tibet's exiled spiritual leader the Dalai Lama waves upon his arrival in Lisbon on Wednesday. The Dalai Lama was starting a five-day official visit to Portugal. (Photo: EPA/Mário Cruz)

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Two children, aged eight and 11, were brutally murdered by their own mother this week who in turn committed suicide after the crime, which has left an entire community in shock.

After strangling her youngest child, an eight-year-old boy, the mother took an electric kitchen knife and proceeded to murder her 11-year-old daughter by slitting her throat.

She then completed the act by turning the knife on herself and slitting her own throat.

It is thought the mother, named as Maria Helena Campos Costa, had long suffered from aneurisms and nervous depression. Family members and friends, as well as the local community in S. José, on the outskirts of Viseu, have been left in a state of shock, de-

scribing the occurrence as 'horrible'.

A family member, a cousin, who had stopped by to visit the mother and her two children, raised the alarm at approximately 17h30.

Knowing the three family members were inside and unsettled by the silence after insistently ringing the bell, the cousin made a phone call to the woman's husband and father of the two children, a local, second-in-command GNR officer.

After speaking to his relative, Fernando Costa Gomes raced home only to discover a scene of tragedy, his wife and their daughter in one room, bathed in blood, their second younger child in another room with wounds to his neck, indicating he had been

strangled, as well as having a broken leg.

Neighbours have described Maria Helena Campos Costa as a 'reserved' woman, who was allegedly going through a 'particularly bad phase in her life'.

A childhood friend confirmed that she had been suffering from "a disease related to a succession of depressions that eventually took its toll".

An employee of a local trucking company, Maria Costa had been on medical leave, though reportedly carried out her job from home.

The children were well known members of a local scouts association, where it is rumoured they enjoyed spending time to escape the 'heavy' atmosphere at home.

Portuguese scrap dealer suspected of stealing US president statue goes free

A Portuguese scrap metal dealer allegedly involved in the purchase of a stolen statue of a former US president has been allowed to leave Guinea-Bissau for Lisbon, according to his attorney.

Alpoim Calvão, a former officer in Portugal's colonial army during Guinea's independence struggle over three decades ago, had been stopped from leaving Bissau's international airport a week ago due to his purported involvement in the disappearance of a bronze statue of president

Ulysses Grant.

Calvão's lawyer, Ismael Medina, told Lusa his client had been allowed to depart for Lisbon after the payment of an unspecified amount of bail. The Portuguese businessman plans to return to Guinea at the end of September, added his lawyer, but not for reasons connected to the statue theft.

Guinea's Judiciary Police have dropped their investigation into the disappearance of the statue, which was later found buried in the ground, added Medina.

The Portuguese scrap merchant had admitted to police that he bought some of the stolen statue. *TPN/Lusa*

The man who has fathered thousands



For the past 23 years Refúgio Aboim Ascensão children's home, better known as 'The little Pink House', in Faro, has followed a unique model of early intervention in child emergencies that one day its director, outspoken psychologist Dr. Luís Villas-Boas, hopes the rest of Europe will adopt. Designated EI – Emergência Infantil (or Children's Emergency) – Dr. Villas-Boas believes this is the answer to successfully re-homing and adopting infants who otherwise may risk becoming lost in the midst of national and international statistics.

In an in-depth interview with **The Portugal News**, Dr. Luis Villas-Boas, who devised and founded EI, voices his thoughts on early intervention, adoption flaws, his hopes for the future, Princess Diana, and his disagreement with foster homes.

Dr. Luis Villas-Boas has, so far, resisted commenting on one of the most high profile and widely broadcast child cases to grip the world in recent years, the disappearance of Madeleine McCann. He broke that silence last week when he explained how he disagreed with the McCann's decision to tell their two-year-old twins about their elder sibling's disappearance. It is this

experience as well as decades of dedicated, hands-on work that has allowed his institution to reach the acclaimed service it offers today.

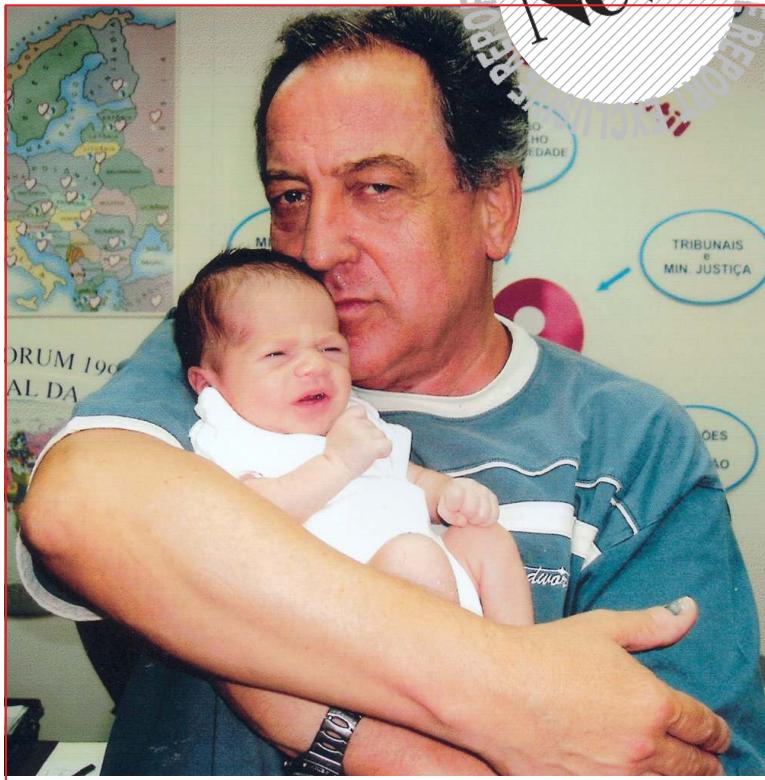
Currently 'home' to 95 children under the age of five, 40 of whom are aged three or less. Many are babies and include a handful who are just weeks or even days old, Refúgio Aboim Ascensão has reached maximum capacity. Despite this, in 2006, the institution registered an 83.4 per cent re-homing success rate, meaning most of its occupants were in the home for under a year.

At present, 39 adoptions are actively in motion. Of these, 21 of the Refúgio's children will

shortly be leaving the home for a new family, the other 18 in the process of matching potential candidates. Whenever possible, the child is reintegrated with its biological family.

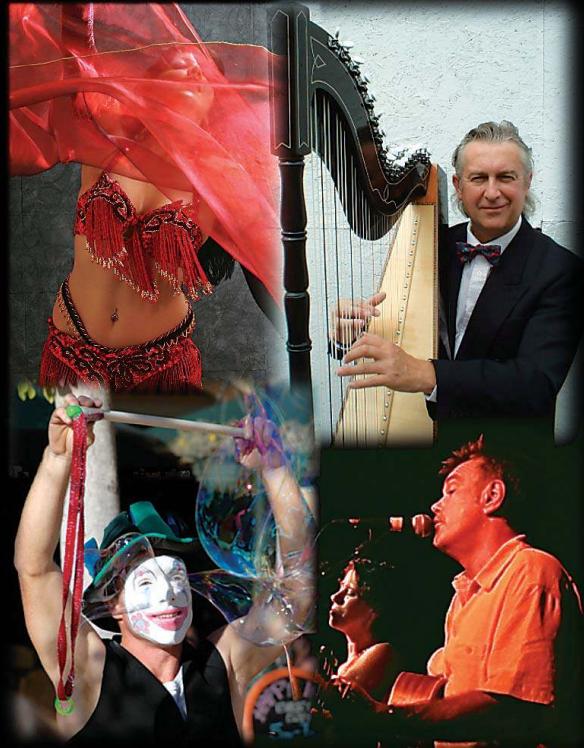
"Even in Lisbon, where there are nearly three and a half million inhabitants, there aren't as many adoptions from one institution", says Mr Villas-Boas.

"Sometimes all it takes is for the council to give a home to a couple with two or three children, a hospital to give priority to a mother who needs surgery and can't look after her kids, for someone to help a father get alcohol rehabilitation, or for a child that is not wanted by its parents to be



Dr. Luis Villas-Boas with one of his wards

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put in the care of its grandparents", he explains.

"The world of adoption is huge, there are many people who want to have children and can't", he adds.

It is thought that, at present, there are between three to four thousand candidates waiting to adopt.

Official statistics show there are currently some 15,000 children in institutions, though Luis Villas-Boas believes this figure is much higher.

However, he does not think that the huge imbalance between figures is due to ineffective laws, but rather out of a lack of communication between institutions and official channels, and disruptions caused by changing governments.

The current law, revised and passed in August 2003, on which Dr. Villas-Boas intervened by presiding the reviewing committee, states that any child in care, not visited for 90 consecutive days by one of its parents, is eligible for adoption. "But this won't happen if we don't know where the child is".

Dr. Villas-Boas elaborates, "The institution must communicate with the courts, inform them and other respective institutions whenever a child is brought in. This does not happen in Portugal. Therefore there is a sort of child deposit – in the Latin sense of the word *depositum*, without leaving a particular place. Here, in the Refúgio, we are brought children around the clock and from all over Portugal. We won't take children in at the mother's request because she was going out to a disco and 'work'".

Our children are brought by request of the courts, social security, protection committees or hospitals. "We have nine employees who work through the night, and, if a child is brought during that period, even if it came from the other end of the country, first thing in the morning as soon as

they open, we inform the courts of the child's arrival and whereabouts. Why can't others do the same?"

Of the 111 people working at Refúgio Aboim Ascensão, 107 are women and four are men. Of these, 27 are university graduates, and include therapeutics, psychologists, nutritionists, and doctors. The team is given rotating schedules so the children don't create bonds with any particular employee. This may seem harsh, but, as Dr. Villas-Boas

explains, "In the UK and other countries, including Portugal, there is foster care, and I do not agree with it. I think it is a mistake. If a child can be placed in an institution of this genre and quality, where the child won't create ties or bonds and may only be here for less than a year and a half, then that child will never be given the false impression it has a family, and when it is eventually adopted or returned to its real family, then the child will grow up knowing one family, the only family he or she ever had. Placing a child in foster care is like living a lie. The children are fostered and re-fostered, go from placement to placement, and after the fifth time they are put in an institution. This has to be the worst thing to do to a child, especially after being initially abandoned by its own mother or father".

So it appears early intervention may present an ideal solution. But, according to Dr. Luis, adopting the EI model of intervention is not easy, and there are only five other institutions in Portugal that have been categorised 'Emergência Infantil', being allowed to use the EI logo by complying fully to the model's objectives.

"No state or government gives a child a lap to sit on. They close at five in the afternoon. The notion of offering shelter and protection to infants and babies that are often just days old implies continuous hard work, dedication

from many people, and often making tough decisions regarding a child or a particular case; work that is done day and night, all year round. We need more institutions to adopt this model of intervention, and everyone seems to agree this is an ideal mechanism. So why don't more institutions follow it? Maybe there's no will or capacity to do so".

Since Luis Villa-Boas took over in 1984, some 2500 children have passed through 'The Little Pink House'. It now boasts leading facilities and excellent conditions; heralded an example at the highest international levels. But it wasn't always so. "Before I arrived this was an abandoned institution, where the children slept in almost animal-like conditions". Luis Villas-Boas admits that the foreign community's contributions made a huge difference to the institution, which will soon also receive new flooring and is currently being repainted.

One of the director's long-term goals is to extend the institution onto an adjacent plot of land that was recently conceded to the Refúgio after lying abandoned and derelict for some time. But for this, serious funding is needed. A recent charity gala and auction held in the Vilamoura Casino in aid of the institution raised some €52.880. However, taking into account the institution's annual expenditure, of which social security barely covers half, it will not stretch to a new building.

But this is a battle Dr. Luis Villas-Boas is used to fighting, and he will use any means necessary to promote awareness concerning EI and his institution, as well as general child and infant welfare.

"Children at risk are not an issue in the Algarve", he says. "Here we talk about tourism statistics and bed occupational rates. But actually, it is here in the Algarve that Portugal's best possible solution for child emergen-

Baby snatcher goes on trial



A woman accused of kidnapping a newborn baby from the Padre Américo Hospital, Penafiel in northern Portugal, and keeping her for more than one year after feigning pregnancy, has this week gone on trial.

After months of fruitless police investigations, the 38-year-old woman was eventually given up by her partner, who had for some time been suspicious.

Under house arrest since July, tagged with an electronic wristband, the geriatric assistant could now face a prison term ranging from two to ten years, as well as paying compensation to the child and her parents, of around seventy thousand euros.

"The girl had to live with another family and use another name", said the parents' lawyer, Adriano Santos. Parents of six children, the family are reported to be from Lousada, and poor.

After the newborn went missing, initial suspicions fell on the girl's parents following speculation that they had sold her.

Reports of how another two siblings had been placed in care

by social services, as it rained inside the family home and one of the children had meningitis, flooded the media.

Specialists also suggested the mother had a psychological condition.

Reported missing on February 17th, 2006, at just three days old, it is believed that that night, after she was kidnapped, her snatcher slept in the car before taking her home the following day.

It is also reported that the woman took the baby from hospital in a bag.

It was, in fact, the woman's partner who denounced the crime. After being suspicious for a number of months, due to lack of documentation and the woman's sketchy pregnancy, he eventually told police of his fears, which were later confirmed by Valongo PSP.

Villas-Boas, from p.4

lies".

This has been internationally established, following a number of awards and accolades that over the past two decades the Refúgio has been awarded. In 1992 Princess Margaret declared that Luis Villas-Boas' work was on par with the innovative work of NSPCC founder Reverend Benjamin Waugh, and, more recently, its juridical efforts were acknowledged by the Portuguese Board of Law, *Ordem dos Advogados*.

Hundreds of photographs of famous visitors to the institution and certificates adorn Mr Villas-Boas' office walls. But one takes pride of place: the Diana Princess of Wales' Special Prize, from the Foundation for the Child and the Family, for Recognition of Services, awarded to Dr. Villas-Boas in Athens, on May 20th 1998.

"Had she still have been alive I believe the Princess would have visited the Refúgio", says the Dr.

"We were going to invite her".

On the day before she died, on August 30th, 1997, Dr. Luis Villas-Boas was in London, where he intended to formally invite the Princess to visit the 'Little Pink House'.

Tragically, this never happened. But ten years later, the Princess's legacy regarding child welfare is still as significant now as it was then.

"We are internationally applauded", Dr. Villas-Boas says, "but unfortunately, here in Portugal, we don't have the recognition we deserve".

Dr. Villas-Boas' main goal is that, one day, the EI model will be adopted by the European Committee and internationally implemented. "Europe needs more institutions that follow this model", he stresses. "We have proven that it scientifically satisfies a modern day need. If children are taken into care at an early age, using the correct channels,



The woman accused of stealing a new born baby arrives at the Penafiel courthouse on Tuesday. (Photo: Lusa / João Abreu Miranda)

placed into an institution like the Refúgio and successfully rehomed and adopted within a short period of time, then these children will have every chance of being fully able citizens, and, therefore, there will be less delinquency".

"If a child is left in an institution, until it is 12 or 13 years of age, then its adoptability becomes less and less, though in Portugal children can be adopted until they are 14. Even so it is not easy to find candidates. But if it is an eight or nine month old baby, or a toddler, then the overall success rates are significantly higher, and we are back to the need for more institutions that operate following the EI model".

Carrie-Marie Bratley



Babies at the Refúgio in Faro. (Photo: The Portugal News / Carrie-Marie Bratley)

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Extending crèche network sign of faith in baby-boom, says PM



Prime Minister José Sócrates greets the crowds on his arrival at the São Martinho de Mouros Central School in Resende on Tuesday. (Photo: Lusa / Paulo Novais)



Portuguese Prime Minister José Sócrates has said that the government's decision to boost the nation's number of crèches is a reflection of their intention to promote a rise in births.

According to Mr Sócrates, by 2009 the government aims to have covered 33 per cent of national territory with crèches, despite

the European target being 2010.

"We want to achieve this objective on continental Portugal before the EU's deadline", said

Prime Minister Sócrates.

After stressing the importance of the new measures created to support families and boost birth

rates, Prime Minister Sócrates explained how the plan to create more crèches underlined these new measures, and reaffirmed the government's intent in boosting Portugal's births.

"To support nativity, we must offer couples the necessary conditions to reconcile a successful professional career with family life", he said.

Defending that increasing Portugal's births should be a "main national goal", José Sócrates also said that he considers it the government's responsibility to ensure families that want to have children "will not be financially or socially limited".

In 2004, Portugal's crèches offered placements for some 73,000 children, which by 2009 should be extended to 111,000 places.

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Ground Force TV gardener Kirsty King to judge Fair gardens

Now just one week away, the September International Algarve Fair is in the final phases of preparation, ready for the big weekend over which it will entertain and educate the thousands of visitors who are anticipated to be waiting for the gates to open.

Many of these visitors will be green-fingered enthusiasts, making their way to the fair to see and give their own personal opinions on the Garden Competition.

A selection of the region's most prominent garden and landscaping companies will create garden designs within the FATACIL Showground, though only one will be pronounced the winner.

And this job is to be carried out by celebrity TV gardener Kirsty King, probably best known as Charlie Dimmock's co-gardener from hit UK garden show 'Ground Force'.

Gardener Kirsty King will also be doing her own garden for visitors' enjoyment, representing leading garden company AlumaShade, but, as a celebrity gardener, her creation will not be

part of the competition.

Add to this the day-long entertainment, are the many stands boasting an array of commercial activities and wares, the sold-out property exhibition and restaurant area, as well as Puff Park, a safe and magical playground for children. The September International Algarve Fair certainly looks like a must on anyone's agenda.

It will take place on September 22nd and 23rd, doors open at 11h00.

Make sure you pop into Netto, less than 100 yards from the venue, straight across the road, to top up your wallet beforehand.

For more information or to reserve a stand, see www.thenews.net, or call Sónia Seixas, on: (+351) 282 380 317. Places are now very limited.



TV gardener Kirsty King.

Disunity over Kosovo risks loss of credibility

Foreign Minister Luís Amado, speaking for the Portuguese EU presidency, warned that the bloc would lose international credibility if it did not assume a united stance over Kosovo.

"Sincerely, I can't conceive that at the end of the [negotiating] process we have a situation in which Russia has a strong position, a strong position by the United States and the EU simply doesn't exist", Minister Amado said during a break in the informal meeting of EU foreign ministers.

"I don't think we could have any foreign policy credibility if

such happens", he added.

He said "the pressure at this moment" was focused on Serbia and Kosovo to find a solution that could "stand on its own" by the December 10 deadline set by the UN Security Council, but that the "greatest risk" for the EU was "not to have unity" at the end of the process, regardless of its outcome.

Minister Amado said he was

optimistic that the 27-nation bloc would forge a consensual position on the Balkan crisis.

"I'm optimistic about the chances of our having a strong and well defined EU position at the end of this process, independent of the complexity and difficulties we will assume and with which we will be faced in the coming months", he said.

TPN/Lusa

Lisbon confident of final treaty accord despite rifts



Portuguese Foreign Minister Luís Amado has acknowledged that divergences exist between EU member states over the bloc's new treaty, but said he was convinced that a final accord on the proposals will be reached next month.

"Despite differences and some remaining problems (in relation to the final version of the document), it's possible to reach a compromise (between the 27 EU member states)" at the next European summit on October 18-19 in Lisbon, said Portugal's No. 1 diplomat after the first day of an informal meeting with his 26 EU counterparts in the northern Portuguese seaside resort of Viana do Castelo.

Amado added that EU heads of diplomacy, together with all 27 European Commissioners and a number of MEPs, had made their "first political evaluation" "in a very positive atmosphere" of technical work already carried out by the intergovernmental conference (ICG), the EU body tasked with revising bloc treaties.

Portugal's foreign minister described his talks with EU colleagues on the Reform Treaty as constructive, with all present "showing readiness to fulfill the mandate" given to Portugal's EU presidency in June to proceed with swift revision of the bloc's aborted constitution.

Legal experts from the EU's 27 member states wound up the first review of the Reform Treaty Wednesday, attempting to re-

solve around 40 points considered to be "minor" and easy to fix during the first round of negotiations on the draft document.

The wrapping up of the Reform Treaty next month at an informal leaders' summit in Lisbon and its subsequent signing off is the "priority of priorities" of Portugal's third EU stewardship, which began July 1 and ends December 31.

Meanwhile, Portugal's state secretary for European Affairs, Manuel Lobo Antunes said the Charter's approval would ease achievement of other presidency goals.

Achieving Lisbon's other presidential priorities will be "much easier and more productive" if agreement is reached on the charter next month, Lobo Antunes told representatives of European Commission delegations from around the world Monday at a meeting in Brussels.

"All this will be easier and more productive if the (October) Lisbon summit is a success", with approval of the Reform Treaty, Lobo Antunes said.

Lisbon has already achieved one of its key EU presidency objectives: raising the status of EU-Brazil relations to that of a



Israeli Foreign Minister Tzipi Livni (L) and Portuguese Foreign Minister Luis Amado (R) during their joint press conference in the Foreign Ministry in Jerusalem on Monday. The two discussed the upcoming Middle East conference due to take place in the US in November as Portugal assumes the EU presidency. Amado will meet later with Israeli Prime Minister Ehud Olmert and then with Palestinian President Mahmoud Abbas in Ramallah, in his West Bank headquarters. (Photo: EPA/Jim Hollander)

Portugal hopeful on Europe-Africa summit, despite Zimbabwe controversy



Foreign Minister Luís Amado, acknowledging controversy over Zimbabwe persisted, said he had gained "no indication" after two days of talks with EU counterparts that Lisbon's plans to host a Europe-African Union in December was at risk.

From the point of view of the Portuguese EU presidency, the informal council of ministers meeting in Viana do Castelo had produced "no indication that jeopardises the holding of the summit", Mr Amado said at the close of the two days of discussion on Kosovo, the Middle East and upcoming EU summits with other powers.

"Naturally there are ideal and less ideal scenarios", he said of the EU-AU apex meeting planned for December 8-9 in the Portuguese capital, saying he hoped participation would be at "a level that satisfies the demands of such an ambitious agenda".

The "eternal issue" of Zimbabwe's representation at the summit continued to be a problem for some European partners, he said, adding that Lisbon would maintain its "political and diplomatic efforts" to make the summit, the first in seven years, a "success".

Noting that the summit would be between two organizations, the EU and the AU, Mr Amado dismissed suggestions that the Portuguese EU presidency should pressure Africa to sideline Zimbabwean President Robert Mugabe from attending the apex gathering.

"It makes no sense for one organisation to impose rules on the other as to agenda, participation and logistics", he said.

Lisbon will do everything it can to "accommodate sensibilities, perspectives and objec-

tives", he added, referring to opposition from some quarters, namely Britain, to Mugabe's presence at the summit.

The first two-continent sum-

mit was held in Cairo in 2000

during Portugal's last EU presi-

dency.

Lisbon's attempt to host a sec-

ond summit in 2003 was frus-

trated by opposition to the par-

ticipation of Mugabe, whose ad-

ministration faces EU travel and

other sanctions over Harare's

disrespect for political and human

rights. TPN/Lusa



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UNHCR chief Guterres wants common immigration, asylum policies



The UN High Commissioner for Refugees this week urged the European Union to "harmonise" its immigration policies, leaving "significant" room for the legalization of immigrants and asylum seekers.



António Guterres, High Commissioner for refugees for the United Nations, talks during the Migration debate in Parliament on Monday. (Photo: Lusa / Manuel de Almeida)

Portugal applauds Morocco elections as sign of commitment to reforms

The Portuguese EU presidency has hailed "the success and transparency" of Morocco's legislative elections, saying the Friday poll underscored Rabat's commitment to "political, economic and social reforms".

The EU presidency, in a statement issued Sunday, also praised "the efforts made to assure greater representation" for Moroccan women in the election that gave the largest number of parliamentary seats to the nationalist Istiqlal party.

"The democratic conditions in which the elections took place

confirm Morocco's commitment to the process of political, economic and social reforms, an initiative taken at the highest level of the Moroccan state in recent years", the statement said.

Only 37 percent of the North African country's 15.5 million voters cast ballots in Friday's

polls.

According to official results, the conservative Istiqlal party emerged first with 52 of the legislature's 325 seats.

The early favourite, the moderate Islamic Justice and Development Party took second place, electing 43 lawmakers.

TPN/Lusa

"The harmonisation of policies is essential to manage the flow" of would-be immigrants and political refugees, António Guterres told journalists on the sidelines of a conference in Lisbon of EU lawmakers responsible for justice and interior affairs policies.

Noting there were "more and more flows of refugee immigrants", the high commissioner said EU member states should reserve "a significant number of legal opportunities for immigration".

"The markets function - legally when possible, illegally when necessary", Guterres, a former Portuguese prime minister, warned.

"If there're not a significant number of legal opportunities, the conditions are created for traffickers to make fortunes at the expense of the misfortune of others", he added.

Questioned on the plight of increasing numbers of Iraqis seeking refuge in Europe, Guterres appealed for EU members to set "common rules" on asylum.

He underlined the contradiction that exists between countries like Sweden and the Netherlands that accept Iraqi refugees, while another EU member, which he did not name, refused entry to a single one.

Separately, Mr Guterres has urged Europe to aid Jordan and Syria deal with the massive flow

of Iraqi refugees.

On Monday, he appealed to the European Union to give Jordan and Syria emergency aid to help them face a massive influx of refugees from Iraq.

Mr Guterres, addressing a conference of senior EU lawmakers in Lisbon, said Amman and Damascus were making "an immense and disproportionate effort" to aid hundreds of thousands of Iraqis, even at the risk of their own "economies and security".

The UNHCR estimates that Jordan shelters some 500,000 Iraqi refugees and Syria 1.2 million.

He also called on the leaders of justice and internal affairs parliamentary commissions from EU legislatures to give emergency humanitarian aid to the two Mid East countries. TPN/Lusa

President hands over annual vision research prize worth €1m

Portuguese President Cavaco Silva has handed over the annual prestigious Champalimaud Vision Award, worth one million euros, to an Indian company for its outstanding contributions to research into alleviation of visual impairment.

Speaking at a ceremony in the historic Jeronimos Monastery in Portugal's capital, Cavaco Silva paid tribute to the philanthropic track-record of the Lisbon-based Champalimaud

Foundation, set up by the late Portuguese industrialist Antonio Champalimaud.

Portugal's leader, accompanied by Prime Minister José Sócrates, made the award to

Aravind Eye Care System of India, set up in 1976 and responsible to date for assisting 19.5 million Indians through more than 2.5 million operations. TPN/Lusa

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A very public International a-Fair!



Organising such a grand-scale event as the September International Algarve Fair and making sure everyone knows about it is no mean feat. So **The Portugal News** enlisted the help of Bernardino Martins, of BM Edições e Publicidade do Algarve, to make sure the message was well spread...

Having started out in his line of business some 25 years ago, Bernardino could probably be considered one of the region's advertising pioneers.

Initiating his career in publishing and radio, the energetic sexagenarian now dedicates his time solely to mobile publicity, also being one of the first, if not the first, to introduce such an effective tool to the Algarve.

He loves his job and is rarely downbeat about spending nearly every single day driving the length and breadth of the Algarve.

"It's very enjoyable", he says, "I drive for an hour or so, and then stop somewhere where I can meet up with friends, and then drive some more, stop, and chat to more friends!"

His aim is to take information to the people. A normal day will see Bernardino getting up early to ensure his van (and respective publicity) is on the road by 09h30. He travels from Faro, along the EN125, stopping off at all popular locations, from large cities to smaller fisherman's villages, like Albufeira, Portimão, Carvoeiro, Lagoa, and Armação de Pêra.

His job certainly gets him noticed! If not for the colourful, oversized boards on the back of his truck, then for the loud, chirpy vocal messages that complete the mobile campaign.

"I make friends everywhere!" he says.

Keep a look out for the September International Algarve

Fair's mobile campaign on a road near you – you can't fail to notice or hear it!

But it is not just about getting people to the fair, the entire event is about making sure people experience and enjoy the fair, especially those who are disabled.

For this purpose, mobility aid and wellbeing specialists SulCare will be organising wheelchairs, scooters, and walkers, amongst other aids, to make sure no one misses out on the fun.

SulCare will also have a stand at the September International Algarve Fair, where you can see their range of products and services firsthand, as well as making the most of unmissable discounts and promotions.

SulCare are one of few companies to offer such a vast range of aids, which can be bought outright or rented.

This means that if you have family members or friends, who are disabled or ailing, require aid and are coming to Portugal on holiday, then SulCare offer an affordable and readily available alternative. These can include hospital beds, wheelchairs, electric scooters, walkers, Zimmer frames, bed and bath hoists, and smaller accessories that make life that little bit easier.

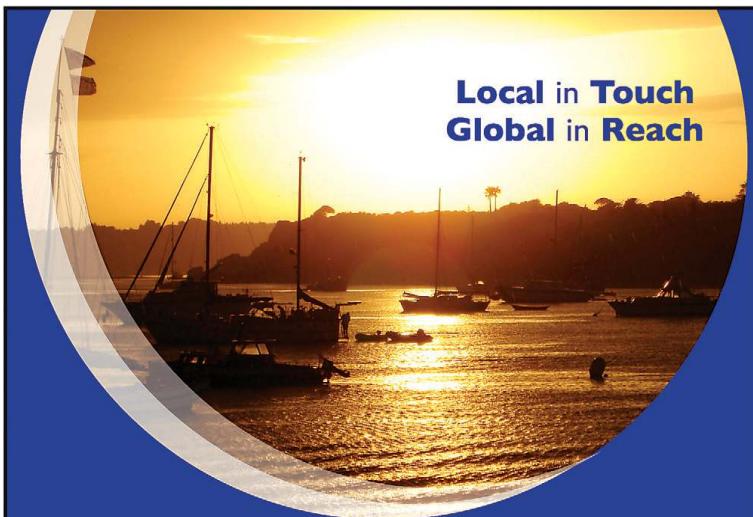
SulCare are distributors of UK-manufactured Bison stair-lifts, which can also be fitted to curving staircases. Pool-hoists are another recently-introduced product that can be fitted and delivered



Bernardino Martins, of BM Edições e Publicidade do Algarve standing in front of his truck bedecked in publicity for the International Algarve Fair (Photo: The Portugal News)

within minimum time, ideal for establishments such as small hotels or B&Bs. For more information, contact SulCare on: (+351) 964 805 111 / 960 004 682, or Loulé shop number: (+351) 289 417 243. Alternatively, e-mail: info@ sulcare.com, or see website: www.sulcare.com. If you would like more information on Bernardino Martins' BM Edições e Publicidade do Algarve, contact: (+351) 919 354 704, or 289 862 225.

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Fiscal Representation for Non Residents

Fact: By law, all non-resident companies and individuals owning a property in Portugal are required to appoint a fiscal representative.

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Portugal laments Poland's opposition to 'day against the death penalty'

Portuguese Foreign Minister Luís Amado has said that he regretted Poland's apparent blocking of proposals for an EU declaration against capital punishment, due to be adopted next month at a Lisbon conference ahead of the first 'European day against the death penalty' on October 10.

Speaking on the margins of an informal meeting of EU foreign ministers in northern Portugal, Mr Amado said: "We regret there are differences on this issue, as it is an area where there haven't been divergences at EU level".

Adding that Warsaw's opposition to the Europe-wide initiative against the death penalty worldwide had not been discussed at the encounter of EU top diplomats in the seaside resort of Viana do Castelo, Minister Amado said the issue would

be closely monitored by Lisbon's EU chair, which is tasked with finding solutions and consensual positions among the 27."

Last Thursday, Poland said it opposed the EU's global anti-death penalty campaign, originally proposed by Portugal and Italy, arguing that the issue should be part of wider debate on life and death, including abortion and euthanasia.

Lisbon's EU leadership and the European Commission plan to stage a major conference October 9 in the Portuguese capital

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Portugal funds Guinea garbage collection



Portugal's IPAD state development agency is funding a 400,000 euros project to improve garbage collection and disposal in the capital of Guinea-Bissau, officials said.

The scheme, primarily aimed to improve hygiene in Bissau in order to reduce risk of disease, particularly cholera outbreaks, is part of Lisbon's co-operation package with its former colony for 2005/07.

Portugal has already sent a number of garbage collection trucks to Bissau as part of the same programme. *TPN/Lusa*

Faro airport reaches all-time high

The past month of August saw Faro airport register its all time highest number in movement figures, with more than 737,000 passengers arriving and departing through the 'Algarve's Gateway'.

Commercial traffic increased by 10.4 per cent, as did passenger figures, which grew by 9.1 per cent.

German and Dutch markets showed the biggest increase in flights, with noticeable rises of 9.5 and 21 per cent respectively.

Regarding passengers, the Irish market continues to be the

one that flourishes most, showing an increase of 13.1 per cent in relation to the previous year.

Destination-wise, Amsterdam and Dublin proved to be the most sought-after cities, with 19.6 per cent more people visiting the Dutch capital, and 10.7 percent more booking their flights to the Irish capital.

According to statistics re-

leased by ANA, Airports of Portugal, Easyjet is still enjoying sustained growth in figures, with an augment in air traffic of over 20 per cent, despite Thompsonfly.com having shown the most dramatic surge in demand, with passengers increasing by 22.3 per cent, and the flights rising by 28 per cent.

Estate Planning An Important Facet of Life

American expatriates should be aware by now that annual income tax filing stateside requires that they report and sometimes pay taxes on their world-wide income. Any expatriates from America who become residents of a foreign country must often also report and pay taxes on their world-wide income to their foreign country of residence. If these filing requirements seem complicated or unfair, Americans who pass away while holding assets abroad may also owe estate taxes – not that they necessarily could care from the grave. But their heirs may be astonished that the Internal Revenue Service can require that the decedent's estate file a tax return reporting his or her world-wide holdings.

Presently estates valued under \$2,000,000 do not have to file an estate tax return as there is no tax liability. But within nine months of the passing of a decedent, estate assets must have been valued for estate tax purposes. And given that the euro has been worth as much as \$1.38, an estate with European holdings valued at €1,500,000 can exceed the \$2,000,000 limit!

Estate taxes are also steep. Suppose the decedent owned a business valued at \$10,000,000. After allowable deductions for

funeral expenses, debts of the deceased, mortgages and liens, expenses of administering the

estate, and charities, the estate could be calculated hypothetically as follows:

Gross Estate	\$10,000,000
Less Allowable Expenses	<u>500,000</u>
Taxable Estate	\$9,500,000
Tentative Tax	\$4,155,800
Less Applicable Credit	<u>-780,800</u>
Federal Estate Tax Due	\$3,375,00

Any foreign inheritance taxes can further reduce this estate tax liability. But the harsh reality is the likelihood that the heirs will have to sell off the business to

pay the taxes! Smaller estates are no less vulnerable. A taxable estate of \$2,100,000 would incur an estate tax liability as follows:

Taxable Estate	\$2,100,000
Tentative Tax	\$825,800
Less Applicable Credit	<u>-780,800</u>
Federal Estate Tax Due	\$45,000

ternatives.

Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts on the European continent, and the National Association of Public Accountants (www.natptax.com). He specializes in US International Taxation for American expatriates. taxbarron@yahoo.com (00351) 91 935 9809.

SHORT-TERM Lets to HOLIDAY MAKERS

by Dennis Swing Greene

A 4 part series examining issues concerning short-term lets to holiday makers:

- 1) Misinterpreted Legislation • 2) When Renting becomes a Business
- 3) Commercial vs Residential Lets • 4) Rental Agent vs Villa Manager

Part 2. When renting becomes a business

The activity of *part-time letting of furnished accommodations to holidaymakers* is contemplated from two different perspectives in Portuguese Legislation. On the one hand, it is viewed as a *commercial* activity, regulated by article 79º of Decree Law 197/97, which governs the licensing and operating parameters of Tourist Developments. On the other hand, it may also be considered a short-term *residential* rental activity, regulated under art. 1096º of the Civil Code as contemplated under the *Novo Regime de Arrendamento Urbano* of 2006, when exercised by an individual landlord who rents a property on an occasional basis within a fiscal year.

Unfortunately, Portuguese legislation fails to sort out clearly the obvious quandary: *how to distinguish between a rental and a commercial activity?* To help answer this pivotal question, let us examine the two extremes of a continuum where little doubt exists.

At one end of the spectrum, a tourist accommodation agency must itself be licensed through "IMOPPI" to conduct its business and should offer authorised properties because of the commercial nature of this business activity. Therefore, if you use such an agency to market your property, you too may be seen to be conducting a commercial activity and will

need either a "*moradia turística*" licence within Tourist Developments or one of the "*hospedagem*" (guest house) designations in other circumstances.

At the other end of the spectrum is the situation where the owner might make the house available to friends or acquaintances for a few weeks in any given year and they chip in a "little extra" for the inconvenience. Such a practice is unlikely to be construed as a commercial business activity and falls easily into the residential rental category.

Letting Agent vs. Villa Manager

If you have an agent, whether in Portugal or abroad, who finds your holidaymakers, fetches them at the airport, hires the maid to make their beds and manages their stay, you are obviously involved in a commercial operation.

However, if you simply have a *villa manager* who takes care of your place while you are away, sorting out maintenance and repairs, this support in itself does not constitute a business activity. We will explore these implications in greater depth in part n° 4 of this series.

Owner-defined Solution

What happens in the broad grey area in between? Since objective criteria exist to readily delineate the difference, it is crucial not to overstep your bounds. In essence, through knowledgeable choices, it is up

to the property owners to define for themselves how they contemplate their activity. If commercial, you should obviously get a "*hospedagem*" licence. When this option is not readily available in a given Council, you will need to make certain adjustments to keep the activity legal. If seen as a residential let, you should take appropriate proactive steps to defend this position. In other words, the nature of the activity needs to be owner defined and defended under the law. In the event of an inspection, the onus will then fall on the inspector to disprove your claim, rather than you merely responding to his accusations.

Dennis Swing Greene is Senior Partner and an International Tax Consultant at *euroFINECSO.a*. For analysis, recommendations and implementation of solutions regarding your Holiday Let activity, consultations can be scheduled at our offices in *Guia (Albufeira)* and *Lisbon (Chiado)* or by phone or video conference both in Portugal and abroad.

In the Algarve, call 289 561333. In Lisbon, call 21 342 4210. Mobile 96 910 2813, by e-mail: info@eurofinesco.com, or www.eurofinesco.com.

Next: "Commercial vs Residential Lets"

WEB

Web (INTERNET) noun [S]

the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:

(From Cambridge Advanced Learner's Dictionary)

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Entertainment with a truly international lineup performing from 11.30 to 20.30.

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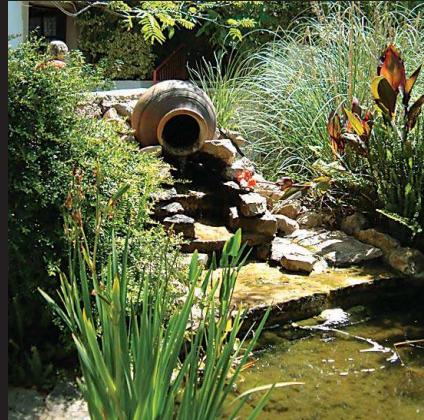
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From Lagos and Portimão on the E125 Keep straight to Lagoa, continue ahead through

Lagoa until you see the Blue Elephant Car Wash, FATACIL is on the opposite side of the road.

From Faro and Albufeira direction on the E125 As you approach Lagoa, pass Barclays Bank (on your right) and the entrance to FATACIL is on the left hand side of the road by the traffic lights.

Marking Time

The thing to remember about General David Petraeus's report to Congress on the progress made by the US military "surge" in Iraq is that he is basically reporting on his own performance. Nothing in his past career suggests that he is prone to downplay his own achievements, and since he took command of US forces in Iraq in February his briefings have invariably been upbeat. The probability that he was going to say that it is now time to give up and go home from Iraq was always zero.



Commander of coalition forces in Iraq U.S. Army General David Petraeus (L) and U.S. Ambassador to Iraq Ryan Crocker (R) testify before the Senate Foreign Relations Committee on Capitol Hill in Washington, D.C. USA on 11 September. Petraeus and Crocker testified about the current state of Iraq. (PHOTO: LUSA/EPA/Stefan Zalkin)

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- Loss of rent included following a claim
- Covers the purchase of your home during the period between exchange of contracts and completion
- Covers temporary accommodation following a claim
- Wider cover than a standard Portuguese buildings and contents policy
- Wider cover than a 'community' policy
- All claims are reported to and resolved by a UK based English speaking team
- Optional Accidental Damage cover
- Off-Property Cover available
- Policy available in either GBP or Euros - Claims paid in either

At Petraeus's level of responsibility there is no such thing as a non-political general. He was chosen by and reports to a White House whose occupant has vowed that there will be no withdrawal from Iraq while he is in office. The two American generals who shared the command responsibility in Iraq when President George W. Bush first proposed the "surge" strategy late last year were fired when they did not back it. Of course Petraeus supports it.

So why are his opinions being treated with such reverence in political Washington, as if he were an independent auditor called in to assess the situation? Because the deeper truth is that none of the major players is really willing to pull the plug on the Iraq fiasco until after next year's election. Meanwhile, everybody is just marking time and Petraeus is their excuse for continuing to do so.

Republicans are lumbered with a president and vice-president who will not be running in the next election and who are determined to prove they were right to invade Iraq no matter what the political cost to their own party. The party elders believe that popular anger at the war will lose them the White House in November 2008, but they do not believe that an open rebellion against Bush's Iraq policy would achieve anything except to split the party.

The Democrats scent victory in 2008, but are hyper-sensitive about accusations that they are betraying the troops, so they will not try to use their Congressional majorities to cut off funding for the war. They also calculate, quite rightly, that it is the quagmire in Iraq that makes their victory in 2008 so likely so why deprive themselves of the best stick to beat the Republicans with by shutting the war down prematurely?

This explains the relatively easy ride that General Petraeus and his civilian counterpart, US ambassador to Baghdad Ryan Crocker, have had in Washington. All Petraeus had to do was promise that the number of American troops in Iraq would be back down to last November's level by November of 2008, which was hardly a significant concession since the US army could not sustain the "surge" past next summer anyway.

In effect, President Bush's "surge" strategy has bought him two whole years with the US troop level in Iraq at or above 130,000, but has it ac-

tually achieved anything else? Despite Petraeus's obligatory optimism, the answer is probably no. There is no sign that the weak and divided Iraqi government will become cohesive and effective, or that the Iraqi army will become capable of independent operations and grow into a truly national force.

True, the number of bodies being found in Baghdad every morning is down quite a bit, but that is mostly because the ethnic cleansing is largely complete. The Shias who used to live in Sunni-majority areas of the capital and the Sunnis who lived in Shia-majority areas have almost all fled or been killed, together with the Christians and other minorities, so there are fewer easy targets available.

The much-touted pacification of Anbar province, once the heartland of the Sunni insurgency, is due to de facto alliance between the American army and traditional tribal leaders whose authority was being usurped by the "al-Qaeda in Mesopotamia" fanatics. But that doesn't mean that the sheikhs are reconciled to the rule of a Shia-majority government in Baghdad, let alone to the long-term presence of American troops in their province. They are just dealing with the most urgent enemy first.

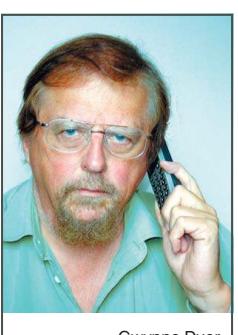
The British are leaving southern Iraq to the rule of the militias.

Open confrontation between the Kurds and the government in Baghdad over the territory around Kirkuk and Mosul grows ever harder to avoid, but that confrontation would break the one alliance that provides a modicum of political stability at the centre. The parliament's only achievement has been to resist the US-backed oil bill that would open two-thirds of the nation's oil reserves to exploitation by foreign oil companies: well done, but hardly enough.

One Iraqi in seven has been forced out of his or her home and become a refugee (2 million refugees abroad, and two million displaced people within Iraq). US military dead will reach the 4,000 mark by December, and probably 5,000 by next year's election. Iraq is not fixed. It is not even on the mend.

The current American troop level, and maybe even the pre-surge level, can freeze the situation for a time, though at a significant cost in lives for both Iraqis and Americans, but it creates only a very temporary stability. Everybody is just waiting for Bush to leave office and the real American withdrawal to begin.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.



Gwynne Dyer



Zero tolerance for double parkers

As of this week anyone double parking in central Lisbon will be severely punished with hefty fines and their vehicle towed away, even if the vehicle is left for only a matter of minutes.

These are drastic new measures that Lisbon's Municipal police are to implement in the hope of decongesting some of Lisbon's busiest, and most cha-

otic, arteries, like the Avenidas Novas and Infante Santo, which will be the first roads to be patrolled. Operation 'Zero Tolerance for Irregular Parking' aims to fulfil one of ten electoral promises made by the city's current Mayor, António Costa.

A second phase will see the fight against double-parking

spread to other areas of Lisbon.

According to a City Hall source, the impending action has the objective of "allowing traffic in the city to flow freely", especially now, during the end of summer holidays and children's return to school. Furthermore, the targeted roads are considered "fundamental" in the

decongestion of traffic.

The source also confirmed that Municipal police, which, to effectively cover this new legislation will be boosted by 150 men, would not be considerate, and that the operation's title, 'Zero Tolerance', is intended to dissuade all double-parkers from committing an offence.

No-Car day for Oeiras

This Sunday, from 10h00 until 13h00, Oeiras' *Marginal* will be completely traffic-free as all modes of transport will be forbidden from circulating along the Avenue. An open seminar, entitled 'Better Mobility, Better Oeiras' will also be held.

Integrated in an international agenda for environmental awareness-raising, the afore-mentioned activities form part of the European Week for Mobility and the European No-Car Day, which aims to promote regular physical activity as well as encouraging people to opt for a healthier lifestyle, dissuading unnecessary use of vehicles.

For this purpose, the local Town Hall has organised a daylong agenda comprising aero-bic lessons, free health checks, and the opportunity to try rowing a boat.

Traffic will also be completely cut off along the *Marginal* on Sunday, so those who would like to opt for an alternative mode of transport can do so in safety. Instead of driving, municipal au-

thorities are suggesting citizens instead opt for walking, running, cycling, or even roller-skating along the *Marginal*.

Promoted by Oeinerge, Oeiras' Municipal Agency for Energy and the Environment, in

collaboration with Oeiras City Hall, the initiative aims to raise awareness amongst authorities and the general public alike as to the importance for better managing local mobility, as a means to improving general living standards.

Speeding fines fill Lisbon's coffers

Since the beginning of their activity on July 16th this year, the 21 widely-reported radar spots activated in Lisbon should fill the City Hall and the state's coffers with an estimated 6.8 million euros.

Positioned on some of Lisbon's most chaotic roads and junctions, an average 1,750 offenders are detected on a daily basis. The Marquês do Pombal tunnel alone sees more than 24 offences per hour.

Since their official launch,

92,772 offenders were recorded, the 6.8 million euros representing the total of daily fines in the region to be 128,000 euros.

Based on police statistics, it remains to be established how many of these fines will be effectively settled.

On the Road Again
I'd been home from Paris for only eight days when I had to pack my bags and leave Cascais again. That was the last thing I wanted to do. But I'd made a commitment months ago to speak in Barcelona at International Living's (www.internationalliving.com) "Live and Prosper in Europe Seminar", and I'm someone who honors my obligations. Plus, this was my first time working for the highly successful company that promotes overseas living in locations from Panama to Paris to thousands of Americans and others who attend their upscale workshops. My assignment was easy: to speak about ex-pat life in Portugal. Before my talk, I sat in the back of the plush hotel meeting room enjoying flashy PowerPoint and slide presentations about life in Malta, Croatia, France, Spain, Cyprus and Bulgaria. Talented presenters extolled the scenic views, property coups and exotic foods on offer. Finally, Portugal had its turn. Another speaker presented a snapshot view of life in the North (her parents live in Viseu, having

moved there from the Algarve). Then, I was on. I confess to speaker's jitters, normal I have read, for any presentation to be successful. But I realized I had a problem: I had no PowerPoint presentation, no glossy slides, no photos of the Tagus, Cascais beaches, green golf courses or newly built condos along the Guincho Road. And I told the audience that, as I began. "You can see all the gorgeous geography you want, eat tasty pastries to your fill, but at the end of the day, if you move to a new country you have to build a meaningful day-to-day life. And that's what I'm going to talk to you about."

I didn't want to offend the other speakers or to minimize their real estate jewels but how could I, in good conscience, not talk about the realities of life here, the challenges and the rewards, as an ex-pat with 16 years of experience? I talked about living in a small duplex in the old part of Cascais, starting a small teaching business, gave out copies of *The Portugal News*, passed around one framed photo of my God children at the SOS Village. I was aware that my lifestyle might not appeal to listeners used to a more luxurious way of life, but I said, "the tradeoff is worth downsizing for, and many live more affluent lives than we do." I also leveled with the 30 listeners that "Portuguese can be a very challenging language to learn." But, I said, "The Portuguese are good language learners and English is more prevalent here than

I've experienced in Spain or France." I told them that movies and films on TV aren't dubbed here, probably accounting for young people's early acquisition of the language. But I leveled, "To truly enjoy your Portuguese neighbors and shopkeepers and perhaps some Portuguese friends, at least one in the couple needs to learn the language." As I spoke I saw one couple in the front. The man pointed to his wife, and I responded, "Yes, that's how it is in our family too." (I also quipped that as Don knows very little Portuguese I can easily talk to my local friends in Portuguese with the comfort of knowing he hasn't clue what I'm talking about!)

I wanted to tell all I could about the simplified life we lead here, how my USA-bred materialistic values and competitive spirit have softened in this country which some now bill as "the poorest in (old) Europe." (And I admitted that the label hurts when I hear it.) I spoke about the kindness of the natives but acknowledged their rather closed nature. "In my 16 years in the country I've been invited into only four Portuguese homes, I confessed. "Despite my early hopes and dreams of assimilating easily into the local population, my best friends are Americans and other ex-Pats. We share a common set of values. We speak the same language, literally and figuratively."

The conference organizer gave me the "five-minutes remaining" sign. I shuffled through my note cards to make sure I had said what

the conference deserved that I'd participated and certain that at the least I hadn't misled anyone. And at the most I might have opened up the doors to a country rarely promoted, faintly praised and too often misunderstood.

patwestheimer@gmail.com

Sporting and Lisbon council sign agreement



The President of Lisbon Council António Costa greets the President of Lisbon Sporting football club Soares Franco, after an agreement between Lisbon Sporting and Lisbon Council was signed to possibly construct buildings around the area of the Alvalade stadium. (Photo: Miguel A Lopes / Lusa)

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Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

	2	6	8	9
8			3	2
1			4	7
6	7	4		
2				5
			3	2
7		9		3
	9	3		2
5	8	4	6	

Last weeks solution:

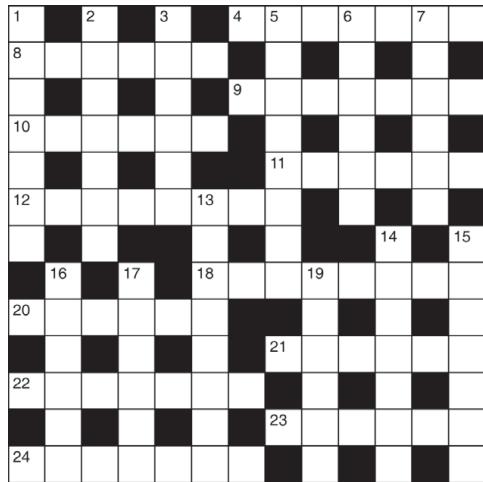
8	1	3	5	4	7	6	9	2
9	2	7	1	3	6	8	5	4
4	5	6	9	8	2	1	7	3
5	6	9	8	7	4	3	2	1
2	7	4	3	6	1	9	8	5
3	8	1	2	5	9	4	6	7
1	3	2	7	9	8	5	4	6
7	4	8	6	1	5	2	3	9
6	9	5	4	2	3	7	1	8

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com



Jack Towers, Victor Graham and Patricia Nascimento in a scene from the forthcoming Charity Gala Night performance of 'A Month of Sundays', the award winning comedy by Bob Larbey, at the Ciné-Teatro in Loulé on Friday, 21st September. (Photo: Peter Kain)

The Portugal News Crossword No. 159



QUICKCLUES ACROSS

- Pardon (7)
- Lie in wait (6)
- Pertinent (7)
- Clandestine (6)
- Eatable (6)
- Desperado (8)
- Vegetation (8)
- Join (6)
- Stop (6)
- Discernment (7)
- Snub (6)
- First (7)

QUICK CROSSWORD SOLUTIONS No. 158

Across: 6 Javelin; 7 Board; 9 Cloak; 10 Connive; 12 Indifferent; 14 Sentimental; 18 Ecstasy; 19 Stand; 21 Sever; 22 Laconic. Down: 1 Cable; 2 Detain; 3 Rip; 4 Corner; 5 Prevent; 8 Confine; 11 Dismiss; 13 Teacher; 15 Titter; 16 Action; 17 Antic; 20 Vat.

DOWN

- Knead (7)
- Vulgar (7)
- Evaluate (6)
- Maintain (8)
- Clear (6)
- Mild (6)
- In harmony (8)
- Winding (7)
- Nonplus (7)
- Angle (6)
- Average (6)
- Team (6)

Curry and Christianity together in Lagos!

The International Community Church in Lagos is holding its latest *Alpha* Course in October. As the course starts with a meal together, what better than a great curry?

The *Alpha Supper* starts on

Thursday October 4th at the Tasty Indian Restaurant in Lagos centre (see advert). "We had run *Alpha* Courses in pubs in the UK before moving to Portugal and found the informal atmosphere a great place for people to ask

those difficult questions about our faith" said David & Linda, who now lead the church in Lagos. Being great lovers of a good curry this time instead of a pub the curry house was asked if we could run the course there and the answer was "yes."

As much as you might want to stick your hand up during the Sunday Service and say, "I don't know what you're on about", it's just not practical. The *Alpha* course enables questions to be asked in a place where they can be answered. There's no Bible bashing goes on and you will find that as the weeks go on friendships will be made and hopefully something of what it means to be a Christian can be understood.

Alpha is one of the many things that ICC does in and around Lagos.

Mums and Tots is another. Held every Tuesday morning, it is a great way of meeting new people. Parenting Courses are another. Church is about being a family together and that's what we try to be at the ICC.

Do come and speak to us at our stand during the International Algarve Fair at Fatacil, Lagoa, we are not religious at all!

Algarve bowls report

A new bowls season in the Algarve kicked off this week with the first round of matches for the prestigious Cameron Cup.

This is an inter-club competition, played as a double fours, one home and one away, the aggregate scores to decide the winners. This year we have six clubs, divided into two leagues. Alvor, PDF and Isla Canela in the blue league and Clube Praia D'oura, Vale do Lobo and Tavira in the red league. We are delighted to welcome Isla Canela, our friends from just across the Spanish border to the competition this season.

Last Wednesday, PDF and Alvor played each other and Alvor emerged the winners, taking their home game by 29 to 8 and also winning at PDF by 17 to 22, giving an overall victory by 51 shots to 25 and 6 points. CPO and Tavira did battle in the red league and Tavira won a closely fought match. They won at home by 15 - 12 and narrowly away by 17 - 18, an overall triumph by 33 shots to 29 and six points.

Today (Saturday 8th), PDF played Isla Canela in the blue division and Vale do Lobo took on CPO in the red division. Isla Canela were making their first visit to PDF and though they were made very welcome, PDF ran away with the game by 37 - 7. Over the border in Isla Canela, PDF also had a good, but close fought victory by 15 - 9, thereby securing all 6 points on offer. Meanwhile, Clube, Praia D'oura bounced back from their defeat in the week, by beating Vale do Lobo home and away by an aggregate 44 - 21, securing all 6 points.

Four teams therefore currently have six points and all to play for in the final round of games next Wednesday, when the semi-finalists will be known.

Alan Clarke
League Director

School bags for children in Silves



With some of the money from the monthly raffles, held by the Friends Lunch Club, 60 school back packs were purchased. These will be distributed by the Castelo de Sonhos, in Silves, to children whose parents are unable to afford to buy them for their children. Some will also be taken to local schools. Pictured are Barrie and Pat Skipper, who run the raffles.

The Jefferies English Theatre presents

'A Month of Sundays'

The award winning comedy by Bob Larbey In Aid of the Alzheimer's and Parkinson's Disease Association of the Algarve Friday, 21st September, at the Cine-Teatro, Loulé

Tickets: 15 Euros each

Champagne Reception

and Souvenir Programme

Black tie (optional)

Doors open at 8pm (Curtain up at 9pm)

Tickets available from:

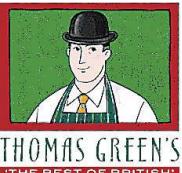
the Box office - 289 400 880 and Griffin Bookshop in Almancil - 289 393 904

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Beetle Drive

On Saturday 22nd September, the St. Andrew's Society will be holding a Beetle Drive in the Vale do Milho Golf, Carvoeiro at 7pm

Please phone Cathy on 919 635 246 as soon as possible.

Mega Feijoada feeds Alvor

Alvor riverfront last Thursday night was transformed into a mega open-air food festival, with more than 1500 people

making their way to the quaint fisherman's village to sample one of the region's most original and renowned dishes:

Bikers celebrate in protected beauty spot

For the first time ever, Lagoa Câmara conceded one of its municipality's most enchanting places of natural beauty – the Estômbar 'Fontes' (springs) – for the local bike association to hold its annual celebrations.

At the city hall's request, every caution was taken to ensure none of the reserve's flora or historic patrimony was disturbed or spoiled.

For three days, from Friday the 7th through till Sunday 9th, more than 1300 people flocked to the Fontes to participate in the event.

Nuno Estorninho has been president of the Lagoa Moto Clube for the past 17 years, and also founded the association along with another two of its oldest members.

For a number of years the



Nuno Estorninho

club's annual commemorations have been held in the FATAL Showgrounds, but taking it to the Fontes has been something the club have long beseeched. After months of negotiations they were finally granted their wish.

Nuno Estorninho told *The Portugal News*, "It is probably the first time ever so many people have gathered at the Fontes for any particular event, but it is an ideal spot for us, it is a magical, marvellous place that is truly a gift of Mother Nature".

At the end of the three-day event, which saw bikers make their way to Estômbar from all over Portugal, and welcomed, children, the young and the old alike, all rubbish was collected and the area left impeccable.

"We made sure that the plants and trees were protected, always checked sound and noise levels, and took as much care with the Fontes as possible – as everyone should wherever events are held", said the 43-year-old.

Whilst motorbikes and camping were at the core of the weekend bike meet, it was kept animated all day long with barbeques, pig-roasts, and live entertainment courtesy of band Fénix, female rock quartet Rock-a-Lady, from Lisbon, and the compulsory 'Striptease' shows.

Feijoada choco, or squid and bean stew.

Organised by the Tourism and Hotelier's School of the Algarve, the culinary event was also supervised with expert gastronomic input from the regional Gastronomic Fraternity Board, as well as the Association of Cooks and Pastry Chefs of the Algarve.

Now a yearly occurrence, the 'Festa da Partilha' (Party for Sharing) followed last year's mammoth *gaspacho*, which was served on Portimão's riverfront and set a new Guinness World Record.

Despite not quite making Guinness this year, the oversized stew entailed huge quantities of ingredients, enough for an anticipated 3000 hungry visitors, and included 30 kilos of onions, 180 kilos of squid, 150 kilos of white beans, and 60 kilos of sweet potato, which had



the added particularity of being a regional ingredient, exclusive to the Aljezur area.

José Manuel Dias of the Algarve Gastronomic Fraternity Board explained, "We wanted to bring a dish to the event that

was indigenous to the region and comprised ingredients of both the land and the sea. We wanted to revive the sweet potato, and this is what we came up with".

The 'Festa da Partilha' is an ancient tradition that stems from the era of the discoveries. As José Manuel Dias told *The Portugal News*, "In the era of the discoveries the vessels would be loaded with food and

whatever was left over, instead of being thrown away, would be cooked and divided amongst the local population. It became a sort of tradition, and is one we wanted to restart".

Within two hours of having started serving, the food had been polished off, many people going back for second servings – praise enough for what was a delicious free meal.

Come and have fun with us!

Riding for the Disabled in the Algarve needs active and fun people from all language groups to assist them with its project. If you would like to help in a very worthwhile way and, at the same time, meet new people, we would like to hear from you.

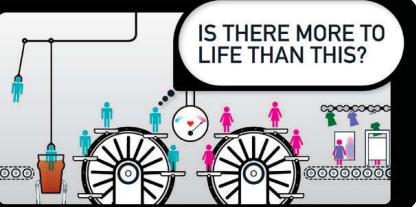
Riding for the Disabled in the Algarve will shortly be resuming sessions for physically and mentally challenged children and young adults in a specially designed programme, using the horse's movement to help with their problems.

Voluntary helpers are needed to lead horses or walk alongside less able riders. No previous experience of horses or handi-

capped people is necessary as instruction and help will be given. Sessions are held during the school week at Pinetrees Riding Centre, Anção, Almancil (between Quinta do Lago and Vale do Lobo) and last for approximately one hour or, once you are really fit, you could even do two sessions in one morning!

The training programme will take place at Pinetrees on Monday 24 September 10.00am. Please come along and meet the team, have a cup of coffee and hear more about our work. Telephone Claire on 289 992 322 or Sally on 289 397 531 for more information.

Asking questions? Looking for answers?



The Alpha course is an opportunity for anyone to explore the Christian faith in a relaxed manner over ten thought-provoking weekly sessions.

It's low key, friendly and fun and there's no cost. It's supported by all the main Christian denominations. Over 2 million people in the UK and 9 million worldwide have already found it to be a worthwhile experience.

Course starts on Thursday, October 4th introductory dinner at the TASTY INDIAN in Lagos Call 963 330 454.

THE ALPHA COURSE

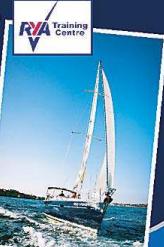
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September 27th

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Please reply to: Dr. Bianca Tobben
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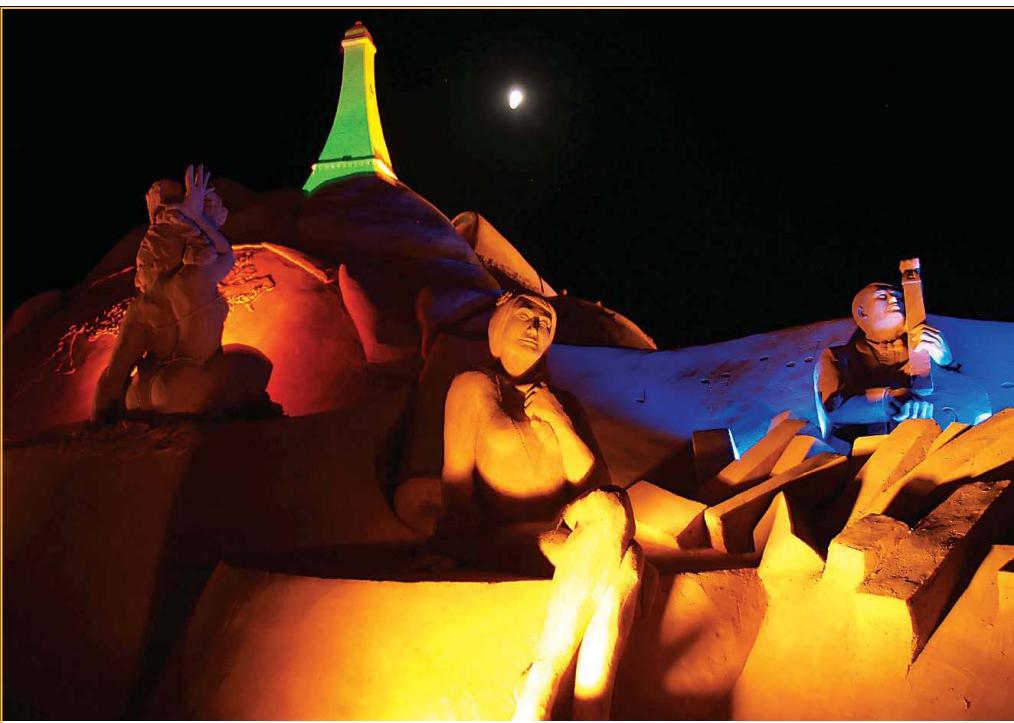


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FIESA, will be holding an informal debate, where people can learn more about Darfur's precarious situation.

Seize the chance to win an interactive Virtual Tour

Virtual Tours are fast becoming one of the most popular ways to promote and sell property. Here in the Algarve, specialist interactive Virtual Tour providers '360VT, The Virtual Tour People' have made it their mission to provide the best in technological resources and equipment, offering proper, fully interactive virtual tours as well as professional photography.

You can seize the opportunity to find out more from the experts at the upcoming Algarve International Fair, this month on September 22nd and 23rd, furthermore, you could win an interactive Virtual Tour by entering their competition, and the winner will be announced on Sunday the 23rd by *The Portugal News*' publisher, Paul Luckman.

Virtual Tours do not apply solely to those looking to sell or let a property, they can be used as an effective and captivating way to capture and promote

any type of property including but not limited to: Real Estate, New Home Developments, Condominium Units, Holiday Rentals, Hotels/Resorts, Boats, Conference rooms and exhibitions, Golf Courses, Health & Fitness Clubs, Theme Parks / WaterParks, Historic Buildings, and Museums. Virtual Tours can even be used as a keepsake or to document the progress of building or renovating a property; the list is almost endless.

Virtual Tours offer opportunities that are so persuasive that their use cannot rationally be discounted by anyone, simply using photographs that spin or rotate does not qualify as a true virtual tour. Unless the images are linked together in a meaningful way that offers the viewer the ability to control the "tour" through a property or area, they are nothing more than disjointed images that rotate.

360VT The Virtual Tour People do not use 'one-shot' photography (i.e.: The whole room photographed in one shot) as this method creates images which are properly exposed near the light source but under exposed (dark) in the areas away from the light source. Therefore 360VT, The Virtual Tour People' use the slices method in order to get an even light exposure throughout the whole shoot.

360VT Tours allow for the ordering of still and panoramic images into a single presentation which can either be presented, through web sites, or distributed as stand-alone self-running presentations via email, or CD-ROM. What distinguishes 360VT's product from most others is the ability to add "Hot Spots" within the tour. These "targets" can be placed within any of the views, and allow the viewer to make navigational choices similar to actually previewing a property in person. Hot Spot targets may be visibly placed on the front door, the garage door and the bay window. Each Hot Spot controls the next

image that will be displayed, truly offering the viewer control over the Virtual Tour. Additionally, a tour can even include a blueprint / floor plan of the property with Hot Spots leading directly to each room. The Virtual Tour application offers a compelling way to present and preview any property, all without physically being present.

360VT The Virtual Tour People is supported by Nexus (Algarve Net). Algarve Net website has been adapted to allow for agents and individuals who promote their properties with them to upload a virtual tour on their website with a click of a button.

To enter the competition and the chance to win an interactive Virtual Tour of your very own, just answer the following questions: (The answers to these are at www.360vt.org).

Questions 1 & 2 are on the 'Why have a virtual tour' page, question 3 is on the 'Prices' page.

1. According to NDP group 'properties with virtual tours are viewed _____ % more than a property that doesn't'.

2. The latest research of Gómez travel-related products and services (July 2006) claims: 'Hotel Virtual Tours increase on-line bookings by up to _____ %'

3. What is the price of the Virtual Tour basic pack?

The answers can also be found in the information that will be given out at the International Algarve Fair.

Answers should be handed in to the '360VT, The Virtual Tour People' stand, inside the property exhibition tent. Or alternatively via email info@360vt.org (don't forget to include your full name and contact details)

Sandy solidarity for Sudan



If you haven't yet visited the FIESA international sand-sculpture exhibition in Armação de Pêra, then make a note in your diary for September 22nd, when an open-day will be held in aid of Darfur, Sudan, to raise awareness and revenue for the poverty and war-stricken country.

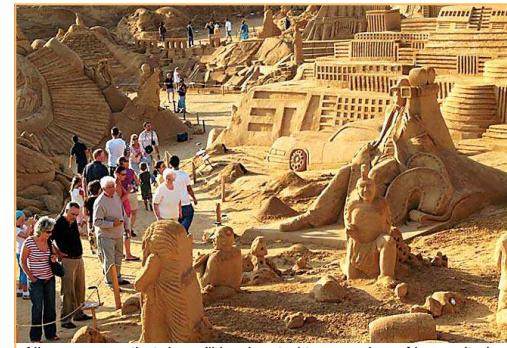
In collaboration with *Janela Aberta 21* – a Centre for Education and Sustainable Development – ProSandArt, organisers of FIESA, will be holding an informal debate, where people can learn more about Darfur's precarious situation.

A stage will be erected for speeches; videos, music and debates will be held. All revenue on that day will be donated to a

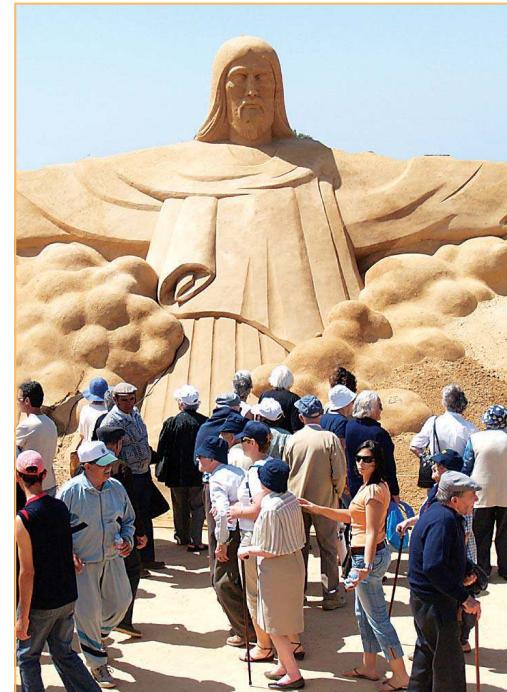
number of humanitarian organisations presently working on the ground in Darfur (i.e. Oxfam, Amnesty International, Portugal's 'Cáritas').

Well-known personalities will participate in the event, which will take place on Saturday the 22nd September, from 19h00 – 24h00.

For more information, e-mail: fiesa@prosandart.com.



All revenue on that day will be donated to a number of humanitarian organisations presently working on the ground in Darfur



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Retrace rental car history in missing Madeleine McCann case

SIR, It has been reported by various news media that the vehicle, rented by the McCann family twenty five days after the disappearance of their daughter Madeleine, shows DNA evidence of the missing child.

The DNA evidence found in that rental vehicle may be the break through the police investigators have been looking for, but it should not be presumed that Madeleine's parents therefore, must be the culprits.

Anyone who had access to or previously rented that vehicle prior to the time the McCanns did, from just before the time that the child went missing up till when the McCann family rented it, would also be suspect. The focus should not be solely on the McCanns, but on the access and rental history of the vehicle.

YOSEF COHEN, Holon, Israel

McCann's behaviour not normal

SIR, As a widow and mother of two teenage children in the UK I think you should know that I do not know anyone personally who would leave even children under the age of twelve on their own whilst on holiday abroad particularly in a country where they cannot speak the language.

The McCann's behaviour was not normal for UK citizens. All children under the age of 8 in the UK have to be supervised. Had someone in the UK reported that the children were on their own the police and social services would

have been alerted and a child protection conference would have been convened.

The McCann's behaviour is far from normal and their criticism of your police is appalling.

RACHEL BRAMBLE, By e-mail

The McCann Case

SIR, Probably by the time this reaches the presses it will be overtaken by events, but here are my considered thoughts anyway.

The PJ are hellbent on nailing the McCanns on this, but I think it bears the marks of a police team driven to do something, anything. Otherwise why the offer of a light sentence if they confessed? Casting aside the surely near impossibility of the behaviour of the couple during the last 4 months being that of a guilty party: forgetting the fact that these people went to great lengths to have a child when it seemed impossible and would thus cherish any progeny, we are left with what to me seems an impossible obstacle to their being guilty.

How on earth in the circumstances did they so efficiently dispose of the body? Just think. You are in a strange country, having only a few friends with you, they being equally ignorant of the area. You are in a hotel, you have no car. You have the body of a child on your hands, and you get rid of it without trace. They may be very competent, self-possessed people, but to carry out thatfeat in the course of a few hours seems beyond belief.

The only explanation I can think of is the one that we all thought of at first. Abduction.

It was well planned and superbly executed, and it is my belief that there was a great deal of money involved. Somebody wanted a small blonde child. Somebody, rich beyond the dreams of most of us. They hired, at huge cost, an expert in the business (there are plenty, much as there are 'hit-men' who kill for money). It is my guess that the demand came from N. Africa. If a rich person in N. Europe wanted a blond child, there are millions in Scandinavia. If you kidnap a child there, you have a problem in getting it to N. Africa, but from here it is quick, easy and simple, a boat with no immigration problems at airports.

This man, who could move about in Luz without the slightest suspicion, checked out Luz beach and fixed on Madeleine. He followed the family back to the apartment where he noted that the parents dined out each night, and left the children alone. A couple of accomplices to watch the parents while another brought up a car, and the job was done. A boat in Lagos Marina...what could be simpler?

I really do not believe that the PJ are seriously considering charging the McCanns, but what is behind it?

MIKE HENTALL, Monchique

Can you help?

SIR, My name at birth was Gillian Janet Cristina born August

1977 in South Africa, now living in the UK. I am desperately seeking my father Nelson Agapita Cristina, who is believed to be living

somewhere in Portugal. Ac-

ording to records he did not believe that I was his daughter from the short-lived marriage to my mother, Francina Johanna Jacobs. I found it extremely fascinating as I only discovered the truth when I turned 21. My mother placed me in welfare and wrote a letter to say that she did not wish for me to ever know the name of my birth father. She was having an affair at the time, and harboured hatred towards him and also the baby, which looked very much like him. I unfortunately have very little solid in-

Luciano Pavarotti

The twilight sun is white looks as torch with a faulty battery; the late summer heat is passionless and tired, the sun scares the old people a bad sign, they will say. Pavarotti died at dawn, cancer his heart was too gregarious for a coronary. To day my brother has been dead for forty years, he liked to go fishing in his boat, took me along when not out with his many mates. It is good to wake up at dawn and be handed a clean sheet of white paper to write on and with a pen dipped in the ink of memories. Alzheimer is a terrible illness it erases all what makes us human. I will write no more, but go into the next room and listen to Pavarotti, I will have to go to his birthplace Modena, Italy, one day.

JOH

Bad driving and an apology

SIR, James Fisher, complaining about being 'tailgated' while travelling at 120km/hr on the A2, (Letters 1st Sept.) apparently hasn't yet learned that one of the basic rules for driving in Portugal is to exceed speed limits at all times, especially in built up areas, and to intimidate inconsiderate dawdlers who prevent you from doing so by driving as close to them as possible. Others include: brake continuously for at least 300 metres before even the slightest bend and always overtake the vehicle in front, especially if approaching a blind bend or intending to turn off at the next junction.

The defensive driving of more experienced drivers, means that many of these poorly trained lunatics may avoid serious accidents for years and each time they get away with it, confidence in their ability increases. Some drivers are better than

others but no amount of skill can override the laws of probability. Sooner or later, during yet another macho overtaking manoeuvre, they will learn, (probably too late to be any use in the future), that no matter how well they know a road, they cannot see that round the bend is another car, full of innocent people, about to meet them head-on.

Travelling at 120km/hr while making offensive gestures at the already angry driver of an overtaking vehicle is not particularly responsible driving behaviour by Mr. Fisher either. But as the saying goes - 'What unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above-average drivers'. Don't believe it? Just ask around!

Misspelling Peter Newhall's surname was inexcusable, but I hope that he will, nonetheless, accept my apology. I can see no connection between what I wrote and any of the generally accepted definitions of homophobia and of course he is free to make any comments he wishes about what he thinks are my reasons for writing to your Letters column.

RON LAVERY, By e-mail

Response to Mr. Thomson

SIR, Mr. Thomson (Building mania, 1st Sept.) bewails the plethora of building, and the pleas for house builders for a rescue.

My own view is simple: serve them right. Unfortunately it doesn't end there. I have for some time been moaning about off-plan sales (my own book on the subject, plus a good moan on radio and TV whenever a producer gives me airtime).

There are several problems. Off-plan is like a pyramid sales system. People are encouraged to buy at a discount and then sell on later for a profit, or rent out to pay the mortgage. Anyone who does even the simplest of calculations will find that the investment side is a recipe for losing large amounts of money. The more people who buy, the less there are to sell to. The more people who buy the less there are to rent to. Also there is the ramped-up price which is quoted as a discount. I can quote a dozen off-plan developments in the Algarve which are advertised abroad at a 15% or more "discount" when they are generally selling for twice the price of a second-hand house. In my book I quote a new off-plan deal near Guia (Mr Thomson's neck of the woods) where a terraced three bed house with one bath and shared pool is selling at twice the price of a three bed, 2 bath detached villa with pool in a more upmarket location on the edge of the golden triangle, which is advertised in *The Portugal News*.

On the Silver Coast a deal is offered (always abroad of course) at no less than three times the price of a second hand property of similar size and more vernacular style. When the off-plan buyers come to sell they have to enter the second hand market, and no doubt they get the fright of their lives. So what? A fool and his money are soon parted. But the long term fallout is a crashed property market which affects the rest of us. This will start as soon as a significant number of off-plan idiots start to panic sell. We will then all suffer from the current insanity around us.

Already there are vast swathes of empty investment properties. There is a whole estate behind me. It has been empty for the past 18 months despite the fountains playing, and the grass being cut. Then there are the foreign deals. I can buy the same spec in Morocco at half the Algarve price. It's cheaper still in Cabo Verde. And even cheaper in Turkey.

The answer to a stalled property market is to cut back production, and until that happens we are all in the same boat, and I'm sorry to say, it's sinking. I only hope the developers are losing money, and stop building.

It's our only hope.
JOHN CLARE, Lagos.

335

Portuguese for all

Na lição de hoje vamos continuar a estudar a Voz Passiva.

Até à próxima lição, Emilia Rosendo.

The Passive Voice

Look at these examples:

- ▼ Ele bebe o café.
- ▼ Ela bebe a chávena de chá.
- ▼ Eles bebem os copos de refresco.
- ▼ Elas bebem as garrafas de água.

- ▲ O café é bebido por ele.
- ▲ A chávena de chá é bebida por ela.
- ▲ Os copos de refresco são bebidos por eles.
- ▲ As garrafas de água são bebidas por elas.

Note: ♦BEBER ➔ BEBIDO(S) / BEBIDA(S)

EXERCISE: Read each sentence below and then write a new one with the same meaning. Begin in the way shown each time.

1. No filme, o empresário corrompe alguns importantes membros da justiça.
No filme, alguns importantes membros da justiça

2. Quase todos os alunos desta escola aprendem Informática.
3. Ao jantar os meninos comem uma sopa.
4. Muitas pessoas comprehendem uma língua estrangeira.
5. Os empregados de limpeza varrem o átrio do edifício todos os dias.
6. Os cães roem os ossos.
7. Ana mete as cartas no correio.
8. Ela coze os legumes em lume brando.
9. Muitos pais não entendem a adolescência.
10. Neste programa, os jornalistas debatem vários problemas sérios e actuais.

Neste programa, vários problemas sérios e actuais

1977

Remember this year?

This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.

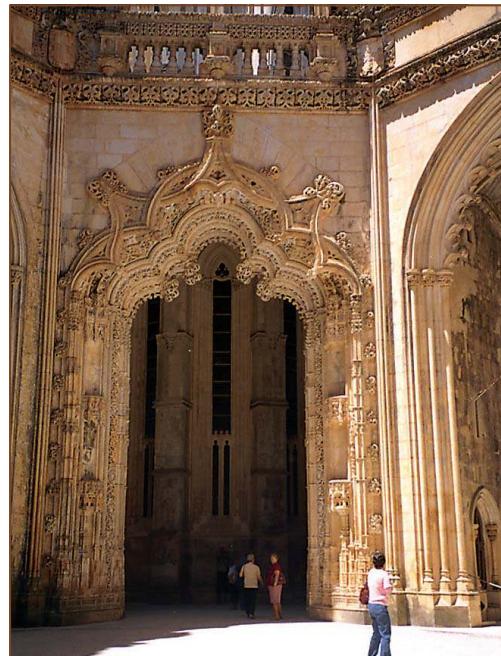
We can hardly wait



to hear from you!

Batalha Abbey

There are many incredible buildings here in Portugal but perhaps one of the most beautiful is Batalha Abbey that is also known as the Monastery of Santa Maria da Vitória. This is situated on the outskirts of the town and is reached by leaving the IC2, N1 main road between Lisboa and Porto just south of Leiria. A point that makes it so very special is when, on driving down from the highway, you get your first glimpse of the magnificence of this outstanding building covered with fascinating roofs and spires, making you desire to see more.



Manueline door in the unfinished chapels

House.

Declared a National Monument in 1910 and a Special Protection Zone in 1911 it became a World Heritage Site in 1983. Now under the auspices of IPPAR – Instituto Português do Património Arquitectónico – it is open daily from 9.00 to 5.00 October to March and 9.00 to 6.00 April to September, but closed on January 1st, Good Friday and Easter Sunday, May 1st and December 25th. The main church has free entry but a fee is paid to enter the rest of the building and the Unfinished Chapels, sometimes referred to as the Imperfect Chapels, that are accessed from outside the main building.

You enter the church through the magnificent arched main portal, designed in very elaborate late Gothic style by Huguet, with statues of the twelve apostles, six gazing down from either side. The lengthy abbey is 80 metres long with a height of 32 metres and has three aisles although it is only 22 metres wide. The Founders Chapel is just off this main part and holds the tombs of João I and his queen Philippa of Lancaster in the centre and their sons Pedro, the Infante Dom Henrique, – Henry the Navigator – João and Fernando on the southern side, Henry the Navigator well known for his part in instigating the School of Navigation during the Era of the Discoveries.

On the northern side of the main building you enter into the Royal Cloister of Dom João I that gives access to the one time dining hall of the monks that now houses the tomb of Portugal's Unknown Soldier that is guarded by soldiers. We were in the Cloister when they marched down at the time of the changing of the guard, their feet echoing through this long silent corridor.

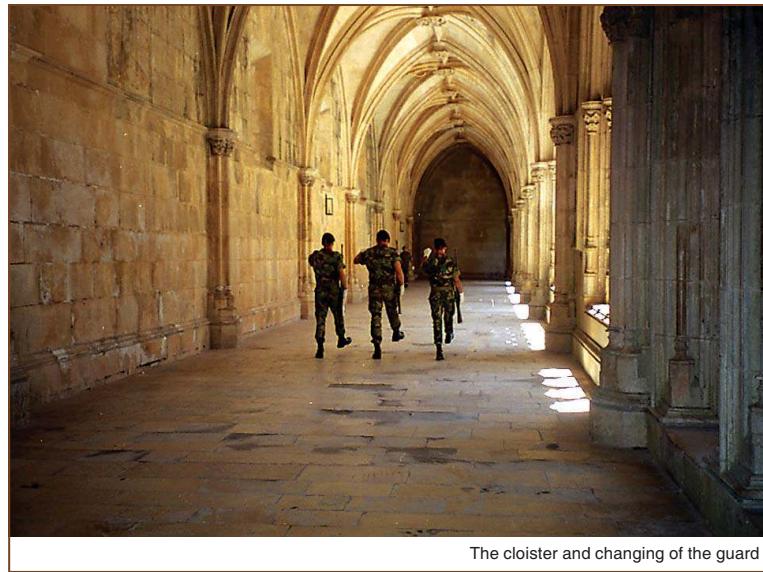
Next door in the former kitchen you will find an excellent shop with many books and quality souvenirs plus leaflets with detailed plans of the layout and information about this beautiful building.

It is interesting to see throughout this building a large number of the hewn stones have a mark on them. These are the marks of the stonemasons who were paid according to the number that they produced and we have been led to believe that over 2,000 were employed there.

The Unfinished Chapels that

were commissioned by Dom Duarte who reigned from 1391 to 1438 are perhaps the part that we most enjoyed. This octagonal building contains on one of the sides an outstanding door in the Manueline style, the remaining sides having seven chapels that remain open to the skies and are also in this fanciful style. They were originally designed by Huguet and continued by Mateus Fernandes although the upper balcony is in the Renaissance style and was designed by João de Castilho. This was left in its present state in 1533 when further building ceased.

In the centre of all this magnificence is the simple tomb of Dom Duarte and his queen Dona Leonor. An awe inspiring incomplete building but on a bright sunny day these beautiful chapels are perhaps the 'jewel in the crown' of this glorious building.



The cloister and changing of the guard

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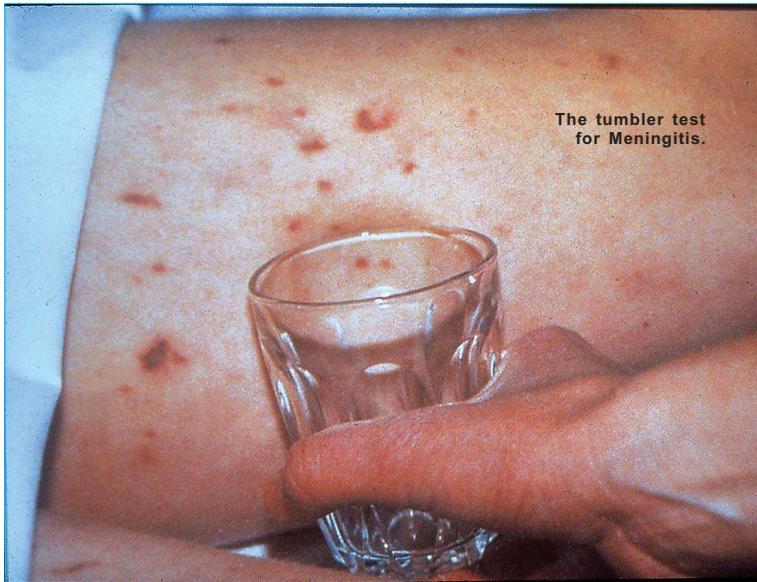
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Pass the school health test



The tumbler test for Meningitis.

Children starting school in September aren't just going to make new friends - they're also going to encounter new germs and a variety of ailments. Follow our school report on dealing with sniffles, itches and spotting infections.

Parents need to get ready to try to repel a barrage of yucky attackers, from worms to head lice, as well as coping with the inevitable sniffles and throats, and the 'bug' that whips round the class defying the speed of light.

"Most parents can expect their young child may be a little unsettled in the first few days of school, because they're nervous and stressed," Dr Wendy Denning says. "Some may complain of a headache, a tummy ache, lack of appetite and have trouble sleeping. Those things generally are just a symptom of 'first week nerves' and pass as the routine becomes familiar and they gain confidence."

But she believes parents should also be aware of the basic ailments common amongst schoolchildren so they can help their youngster fight off infection in a variety of simple ways.

"A few days before school get your child into a bedtime routine so he or she doesn't start school tired and under par. This will affect the immune system and make them more vulnerable to germs. Also try to make sure they have five helpings of vegetables and fruit a day and eat a healthy, balanced diet. If that's difficult make sure they have a daily multi-vitamin supplement."

Dr Denning, who's a director of Health Doctors, an integrated

medical clinic in London, also points out that it's vital to ensure vaccinations are up to date so that children are protected from the most common childhood illnesses.

"Most children are healthy enough to fight off germs," she adds. "Common sense measures like getting them to be disciplined about washing their hands after using the toilet and before meals can mean they're less likely to get irritating conditions passed on by contact, such as worms or an eye condition like conjunctivitis."

Follow our school report on itches, bugs and infections.

VOMITING & DIARRHOEA

Upset tummies are common and can cause pain, vomiting and diarrhoea.

Dr Denning says: "These usually clear up of their own accord and children should just be kept at home and given lots of fluids.

"Parents who've just returned with their children from a holiday abroad should be aware though that if the symptoms continue beyond a few days or are severe the child could have picked up a virus, bacteria or more seriously a parasite. They should see their doctor who may require tests to check."

WHAT CAN I DO?

While your child's ill, if it's just a normal tummy bug, avoid giving them solid foods until they're appetite has returned. Make sure they drink regularly, but avoid cow's milk until at least 24 hours after diarrhoea has settled. If you are worried, the symptoms persist or vomit contains blood, seek medical advice.

MOLLUSCUM CONTAGIOSUM

Not as well known as nits (head lice), but millions of British children suffer from this unsightly, irritating condition which can last months or even years. It's a highly contagious skin infection and the signs are pinky white spots, often in clusters usually on the torso, limbs and face. Most get between one and 20 but some can have more than 100 spots.

When the spots, or lesions, rupture they produce a white substance which is contagious. It can be picked up by sharing clothing, towels and also in swimming pools.

WHAT CAN I DO?

Encourage your child to take sensible precautions to avoid spreading or catching molluscum by getting them to wash their hands frequently, and not share clothes or towels.

Dr Denning says: "Although it looks unsightly it's not harmful and it will go with time. Once you've had it you do get immunity so won't catch it again."

Exercise can be helpful in speeding up recovery as it improves circulation and will help the body get rid of toxins.

If lesions become red, inflamed and itchy it's a sign of a secondary bacterial condition which does need antibiotic treatment.

THREADWORMS



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These are common in children, and are tiny white worms that are about half an inch long and live in the gut and around the bottom. Sometimes they can be seen in a child's faeces and are often seen around and on the anus. They look like tiny threads of white cotton.

WHAT CAN I DO?

A pharmacist can recommend treatment and all members of the family should have it, even if they don't have any symptoms. Repeat treatment after two weeks to ensure complete eradication.

To stop it spreading, keep your child's fingernails short and clean, make them wear pyjamas or pants in bed and regularly change bed linen. Make sure the family washes hands and scrubs nails before a meal and after using a toilet.

Visit www.dpp.org.uk for

more information on this and other childhood ailments.

MENINGITIS

Meningitis is the inflammation of the lining around the brain and spinal cord. Meningitis and septicaemia affect about 3,000 people every year in the UK and Ireland and there are more cases in winter than in summer.

Anyone can get the disease, but babies, children and young adults are most at risk.

WHAT CAN I DO?

Dr Denning says: "This is obviously a serious condition and needs emergency treatment. The best thing parents can do is to be aware of the symptoms.

"If a child has a combination of symptoms - is unwell with a high fever, sore throat, neck pain, aching muscles and joints, vomiting and a severe headache - they should be seen as an emergency."

Visit www.meningitis.org for

further information. A kit which includes a list of common signs and symptoms of meningitis and septicaemia, the Meningitis Awareness Pack is available from Boots Chemist in the U.K. and also at: www.meningitisalert.co.uk.

DEHYDRATION

Not drinking enough fluid can result in a child becoming tired and irritable, with poor concentration and memory loss - all damaging to classroom performance. A new survey by drinks company, Robinsons, recently revealed that over half of mums in the UK are unaware of the correct amount their child should be drinking - six to eight glasses a day - and the average child only has one and a half glasses of fluid throughout a school day.

WHAT CAN I DO?

Make sure your child has drinks in his or her packed lunch and is aware they should find time for drinks at break and lunch-times.

BACKPAIN

Being overloaded with books may mean your child is enviably swotty, but it could also sentence them to a lifetime of back pain. Around 8-10% of all school children suffer chronic or recurrent back pain, and the average child carries more than 30% of their bodyweight in their school backpack. The UK is lagging behind Europe in protecting children - France, Germany and



"Common sense measures like getting children to be disciplined about washing their hands after using the toilet and before meals can mean they are less likely to catch infections."

Holland have policies on allowable weights for backpacks, as does Japan.

WHAT CAN I DO?

Try to discourage your child

from carrying 'everything' around with them (it can be a sign they're disorganized). Consider providing what claims to be the first ergonomically designed

school bag by Wheely Bags. It starts from £39.99/€58.73. Visit www.wheelybags.co.uk or call 00 44 (0)845 434 8454.

Gabrielle Fagan



Molluscum
Contagiosum is a highly contagious skin infection.

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The two Jamaicas



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Remember this year?

This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.

any tourism, visitors had to be reassured of their safety and new all-inclusive resorts catered to their every wish and whim.

Today however, some observers fear gated communities hold tourists back from unearthing the real Jamaica. So we agreed to forgo lazy afternoons lounging

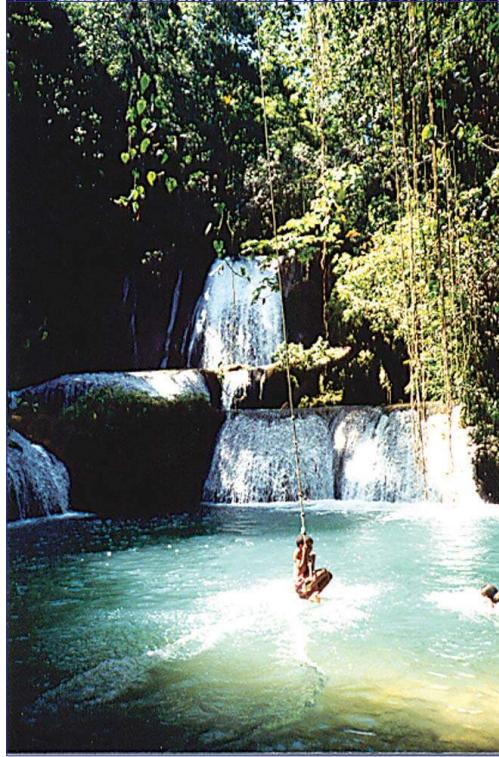
time I got a grip.

All this proved something of an eye opener to Jamaica - an intense, gritty and soulful nation. Its crime rate may be high, but much of it is concentrated within the capital, Kingston, where gangland rules continue to exist.

It is also a common complaint among Caribbean cruise passengers that when they go ashore in Jamaica they are hounded by street vendors hanging around the ports. People might overlook Jamaica as a destination of choice, but in doing so they forfeit experiencing this enchanting country.

A glamorous hideaway for the rich and famous during the 1950s, luminaries such as Noel Coward, Errol Flynn and 007 creator Ian Fleming fell in love with the country on first sight and with good reason. Jamaica's rivers, rainforests and mountains are magnificent, making it one of the most scenic of the Caribbean islands while its size and scenic diversity are ripe for exploration.

At night, we tended to remain ensconced within one of the country's many Sandals resorts, which were created with real style during and despite the country's political upheaval of the 1970s. If Jamaica was to retain



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on the golden beaches to explore the island by private bus.

An hour and half from the airport, we arrived at Sandals Whitehouse European Village & Spa, on the south of the island. A nod to Jamaica's colonial past, this 500-acre reserve is split into Italian, Dutch and French villages that offer spacious rooms with decadent king-sized beds and stunning views of the bay.

At the plantation-style breakfast next day, white-gloved waiters served a delicious assortment

of local delicacies including salt fish, ackee fruit and Blue Mountain Coffee, arguably the finest and most expensive coffee in the world. This luxury lifestyle provides something of a contrast when you venture from the resort on roads that can soon be bone rattling. As we juddered along, we passed one-roomed shacks and women washing family clothes in the river.

Despite this simple life, Jamaica also lays claim to many records, including more churches

per square mile than anywhere else in the world. Dotted along the roadside they are matched in number only by the numerous shack bars selling rum punch and patties.

"The two spirits exist side by

side," says the guide with a chuckle. And then there are the goats. They are everywhere, on the roads, in the bushes, up the trees, which may go some way to explaining the local obsession with goat curry.

One of our many stops was at Billy's, a renowned roadside vendor in the parish of St Elizabeth. This long, low shed houses a dozen steaming and smoke-blackened pots and here we sampled crayfish curry and Jamaica's infamous pepper shrimp, a delicacy eaten whole - including the shell. It was eye-wateringly fiery, and afterwards we doused our mouths with refreshing pineapple and coconut water.

A trip to these parts isn't complete without a stop off at Little Ochi, in Alligator Pond. Miles from the nearest town, it is one of the country's favourite eating haunts, but don't expect black tie and white tablecloth service. Little Ochi is all about fresh seafood - and location, of course. A lumber and thatched structure situated right on the beach, diners relax and let their hair down in the prevailing winds that create white crests on the Caribbean sea. In the distance, fishermen prepare their boats while vulture-like seagulls circle above and the ever present reggae lulls you into a serene and stress-free state. This is most definitely the life.

On many of Jamaica's lesser travelled routes, we found ourselves navigating winding, mountainous roads and lanes so narrow



Pictured above: A local wood carver; left: Sandals Whitehouse European Village & Spa, Jamaica; and below: The Blue Hole, near Montego Bay. Opposite page - top left: The pool at Sandals Whitehouse European Village & Spa; top right: A child plays on a rope swing; bottom left: a local lady and bottom right: Mafoota Farm,

the bus had to fight its way through dense foliage. Although its air-conditioning kept us alive, our bus sometimes had trouble finding a way through two-foot deep puddles of rain.

In due course, it brought us to an impromptu stop-off at The Blue Hole en route to a farm near Montego Bay. Located 1,000m above sea level, legend would have you believe it's home to a mermaid or two. To us it looked little more than a dark pond. Yet the hole is a conundrum for divers who have tried in vain to reach its murky watery bed, only to be forced to yield at a depth of 55m.

Re-boarding our cumbersome bus, onwards we trundled, unsuccessfully ignoring the perilous ravine until we reached Mafoota Farm. Here we clambered into the back of waiting pick-up trucks - but nobody advised our bus driver not to follow.

Before long, came news that he was stuck. So after our traditional bush lunch eaten slap bang in the middle of the farmer's crops, we embarked on a march through head-high crops in search of our original transport. As we walked, I recalled the words of a former NASA scientist turned peace corps volunteer who I'd met earlier that

day: "It's best not to be in these parts after dark."

The bus was finally located, pulled safely out of the mud, and soon we were on our weary way back to the hotel. Largely confined to Jamaica's lesser-known roads, we missed out on some of the traditional tourist haunts: the Bob Marley museum in Kingston, Ian Fleming's Goldfinger hideaway near Ocho Rios. And there wasn't time to try river rafting either, another local speciality.

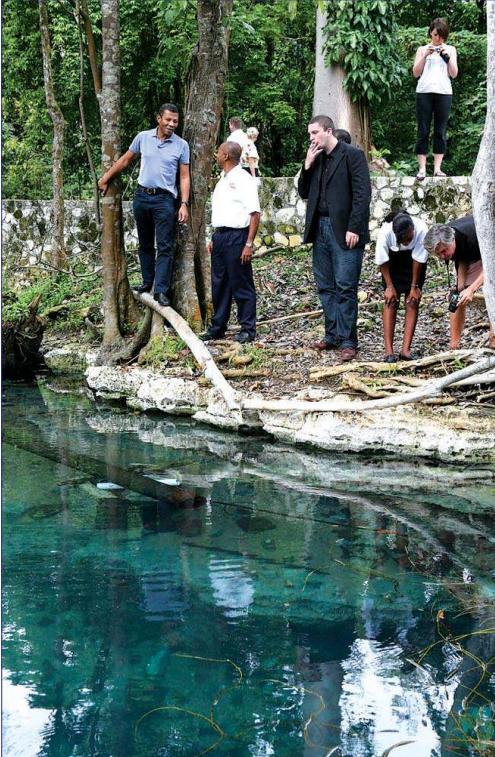
For all that, I found Jamaica an intriguing, sometimes unsettling place. You won't be bored, if you like your Caribbean idyll with a certain raw edge about it.

TRAVEL FACTS

.. Susan Griffin flew Air Jamaica to Jamaica, and Kuoni Travel offers seven nights' all-inclusive at Sandals Whitehouse European Villas & Spa Jamaica from £1,767/€2,600. Package includes luxury beachfront room, transfers and return Air Jamaica flights ex-Heathrow. Kuoni reservations: 00 44 (0)1306 747 008 and www.kuoni.co.uk

.. Further information on Sandals resorts is available on 00 44 (0)800 742 742 and online at www.sandals.co.uk.

Susan Griffin



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Fashion goes green



Purple and grey may be the must-have colours for the upcoming season, but style-savvy shoppers are tapping into the growing trend for green fashion. (Photo: Press Association)

For fashion with a conscience, get the green light with organic clothing. We find the best buys on the high street.

Purple and grey may be the must-have colours for the upcoming season, but style-savvy shoppers are tapping into the growing trend for green fashion.

With the likes of TV presenter Fearne Cotton fronting an organic campaign for New Look, the high street's love affair with eco-friendly fashion looks set to catch on. Designers are also getting in on the eco act - this September Estethica celebrates its first anniversary at London Fashion Week, it's a space within the Designers' Exhibition dedicated entirely to eco-sustainable high fashion.

"Because more and more of us are asking questions - and demanding answers - the ethical clothing movement is gaining momentum," explains Tamsin Blanchard, author of new book *Green Is The New Black*. "Companies like Marks and Spencer are going full speed ahead to change the way they work, with the target of being carbon neutral by 2012. The rest of the European high street is racing to catch up."

Going Green

More and more women are keen to help change the world through their wardrobe. One in four women now describe themselves as 'ethical shoppers' when it comes to clothes, according to analysts Mintel.

Katharine Hamnett, fashion designer and campaigner, says that green fashion does not have to skimp on style.

"There is no reason why clothes have to be any different to be ethically and environmentally made," Katharine says.

"Ethical clothing has to look and feel the same as non-ethical, maybe even better."

So what should newbie green fashionistas look out for on their clothing labels? Katharine has this shopping advice: "Consumers

should buy products that are 100% certified organic cotton - at least one garment every season.

Avoid GM cotton at all costs, and also steer clear of synthetic fabrics such as polyester, PVC and viscose as their production has devastating environmental consequences."

Hit The High Street

Want trend-hitting styles that won't compromise your ethics? Aspiring green goddesses should check out the high street for eco-friendly fashions that won't break the bank.

"There are as many ways to look gorgeous, and be ethical, as there are trends in any season," Tamsin says.

Marks and Spencer has a well-established Fairtrade range. Following in their green footsteps, fashion chains like H&M and New Look have launched their first ultra-trendy organic cotton ranges. Sainsburys has also launched Fairtrade cotton basics, certified by The Soil Association, that you can pick up with your weekly shop.

Dorothy Perkins is stocking quirky recycled bags and have begun phase two of their highly successful Woodland Trust campaign to plant more trees. Primark may be renowned for its fast fashion but the high street giant is also selling 100% organic cotton tees.

Ethical Clicking

Not so long ago, eco-clothing was synonymous with hippies and hemp, but a wave of websites have sprung up to rival the high street's green offerings.

"A good place to start your ethical wardrobe is online," urges Tamsin. There are a whole host of specialist websites to browse for green bargains. One of the best,

according to Tamsin, is www.adili.com, where you can buy labels like Stewart & Brown, Patagonia and Kuyichi.

Sites like www.howies.co.uk and www.peopletree.com are brimming with everyday organic basics. For stylish wardrobe additions like silk dresses, look to www.amana-collection.com or try www.hug.co.uk for organic cotton fairtrade fashion for the whole family.

If it's eco-friendly accessories you're seeking get clicking at www.love-eco.co.uk or www.lacrazia.com where you'll find fabulous bags and jewellery.

Why Go Organic?

Unconvinced about going green on the fashion front? The Soil Association give these reasons for cottoning on to organic clothing:

- Non-organic cotton farming uses one quarter of the world's pesticides - causing damage to the environment, sinking farmers into debt, causing illness and even death, they claim.

- Organic cotton farmers in developing countries report higher incomes plus using viable alternatives to chemicals protects their health.

- GM cotton is grown commercially in many countries so choosing organic cotton is the best way to avoid buying GM cotton.

- You'll avoid hazardous chemicals - over 8,000 chemicals can be used to turn cotton into a t-shirt or duvet cover.

- Stylish organic clothing and household textiles are now widely available so there's no longer a compromise between style and organic integrity.

"Green Is The New Black" by Tamsin Blanchard is published by Hodder & Stoughton.

Lisa Haynes

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The Cornish Range - O sabor da Cornualha will be at the Fatacil Fair Ground, Lagoa supporting the Association for Protection of Animals of the Algarve (APAA). Registered Portuguese Charity (No: 474536) with their 9th annual event. Come and join us for a freshly baked pasty. Take the opportunity to talk to us about our shop concept and products. For further information contact: Nicola Archdale

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Food for fuss-pots

Mealtimes can be terribly stressful for parents trying to persuade their kids to eat healthy food - or any food at all. Children's food guru Annabel Karmel has now written the *Fussy Eaters Recipe Book* to help ease that stress. She shares some of her best tips.

The recipes include plenty of ideas for what's normally perceived as junk food, like burgers, that kids love but are normally packed with fat, salt and lashings of E numbers. Karmel's are cooked with the minimum of fat and salt but maintain plenty of taste thanks to ingredients like garlic, cheese and honey.

She says: "Getting children to eat healthy food is very much at the forefront of people's minds at the moment, but mums will often give up with their own fussy eaters and give them junk food. I would rather give them healthy junk food."

Another of her healthy

homemade alternatives is Mummy's Pot Noodles, which don't contain salt like the shop-bought versions, and are a tasty mix of noodles, chicken, peas, sweetcorn and soy sauce.

She stresses that kids are often hungry when they get home from school because they've not eaten much of their school dinner, or have been too eager to get into the playground to bother eating.

"A 'starving' child is a less fussy child," she points out.

As well as recipes, Karmel's book gives tips on how parents should handle mealtimes to get their children to eat better.

She advises that they should

try to make mealtimes a positive experience, and hide any frustration, instead really praising the child when he eats well or tries something new.

"You may need to ignore some bad eating behaviour to refocus attention on good behaviour - this will make mealtimes less stressful."

She also suggests disguising vegetables by blending them into a tomato sauce and serving it with pasta, and double-bluffing by leaving a few chunky

vegetables in the sauce for the child to pick out, so he doesn't suspect there are still some there. And while it's an easy option, don't just give them their favourite meals all the time, she warns.

"Don't keep giving them the same foods that you know they like - give them new things like mild curries, for example, and

keep trying new recipes."

And if your child is pestering you to buy a particular food in the supermarket, tell them you'll get it if they can pronounce all the ingredients on the label, says Karmel. This

will invariably cut out many food nasties.

She points out that many children want unhealthy junk food because their parents have given it to them in the first place, and a d s :

"Once you've given them unhealthy food, it's difficult to break bad habits. You need to give them healthy food from an early age.

"But if your child refuses to eat anything other than junk food, chill out. He'll soon find there's not much point making a fuss if you don't react."

Lisa Salmon



Parents should try to make mealtimes a positive experience (PHOTO: Press Association)



Once you've given children unhealthy food, it's difficult to break bad habits. You need to give them healthy food from an early age. (PHOTO: Press Association)

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ease a toddler's move from cot to bed

1. Put the bed in the same place as the cot.
2. Let your child sleep with her old cot blanket if she wants to, leave the door ajar or play soft music to comfort her.
3. Take your child with you to help choose the new bed.



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Persuading a child to eat healthy food at mealtimes can be more stressful than a hard day at the office. Recognising it's something most parents have to face at some stage, children's food guru Annabel Karmel has stepped in to help out. (PHOTO: Press Association)

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Fall in love with the romantic charm of Quinta São Fernando



Sprawling over two hectares, located on the outskirts of Moncarapacho, a striking little village in the Eastern Algarve, Quinta São Fernando is a lovingly restored Portuguese farmhouse that is currently looking to explore a new phase of expansion. Those who are looking to invest or purchase property in the Algarve are invited to read on and be swept away by a rural romance...

Cutting an impressive silhouette high on a hill top, Quinta São Fernando is everything a farmhouse should be – and more.

Besides the pretty blue-rimmed windows, white-washed walls and mature shrubbery it has every imaginable type of fruit tree, a large terrace and equally large pool, tennis courts, picnic area, children's play area, two large out-houses each comprising a number of self-contained apartments, and an approved project to develop a further 43 apartments, meaning Quinta São Fernando also has a lot of potential.

Its location, in close proximity to Moncarapacho, means that whilst it is within walking distance of village-life and

amenities, it is not in the midst of hectic daily life. It is situated 20 kilometres from Faro airport, 40 kilometres from Spain, and a short drive to numerous golf courses and beaches.

Belonging to a private Portuguese company, Quinta São Fernando is presently open to the opportunity for investors to either partially co-finance the apartment development project, or purchase the property as a whole.

As it stands, the property presently comprises nine rooms, divided between two out-houses and a main building, four shared living rooms, seven bathrooms, a vineyard with grapes of various qualities, and historic ruins that are over a century old.

Quinta São Fernando's 15 x



7 metre, sea-view swimming pool is of such beauty that it has been used as an example for Faro University students' studies. Various remains of ancient Roman artefacts found on the terrain can now be seen in mu-

seums throughout the Algarve.

A spacious garage and laundry area, office/gym with fully functional sauna, and a beautiful, expansive roof-terrace complete the country retreat.

This outstanding opportu-



nity presents scope and versatility to transform Quinta São Fernando into a high-quality development of authentic rural charm. For more information, contact mobile numbers: (+351) 916 719 161, or 916 913 855.

A change of regional plans



Azul-properties' Jean Claude Chaufour makes a point keeping abreast with some of the latest property-related developments and law changes. This is something the agency expects of all its employees; to offer their clients the clearest and most well informed service as possible. Here, Jean Claude shares latest shifts in developing laws to ensure those considering buying a plot know what to look for.

As of May this year, the government has signed and made changes to the regional development and building law experienced a real change. The new P.R.O.T.A.L. guideline-Regional Plan for Territorial Ordainment of the Algarve was distributed to each municipality for the respective council to alter their own P.D.M. (municipal own plans). According to PROTAL, the municipalities have a period of 3 months to implement it, but it appears that it will take longer, as it happens in Portugal. So, Jean Claude took the opportunity to bring *The Portugal News* up to speed with some of the latest changes.

Firstly, to understand the effect of these latest changes, it is important that the different categorization of plots is understood. There are effectively many classifications of land: *urban*, *ecological* (which, according to Jean Claude, is difficult if not impossible to built on), *Reserva Agrícola* (difficult, but not impossible to built on), and other types of *agricola* zones, and they are ultimately defined by each respective council.

The new PROTAL measures will affect each municipality's P.D.M. which should be valid for the next 10 years, but in reality may not be.

Facilitating those with financial limitations by allowing them to build on plots not intended for con-

struction (an official leniency that was left to each council's discretion and applicable only to particular cases) will also be scrapped, as it is understood.

Welcome news, as it implies more fairness and equality all round.

In the countryside, all future villages will be restricted to ground floor only, unless an existing ruins or houses include a first floor in its original layout. This measure was introduced to regain more of the region's traditional style and architecture.

Existing projects for planned houses that have been approved through not yet built may eventually be reconsidered by councils, who have the right to refuse projects in preliminary phases of development. However, should this cause significant financial loss or is detrimental to the owners, they have the right to officially put their case to the council to be reassessed.

However according to Jean Claude, one of the main changes affects larger scale developments, such as private condominiums. In rural areas (countryside) only lands of over a certain size will be considered for planning permission, it does not mean it will be accepted.

To compensate this, zones classified as urban, usually villages and towns, will or may be augmented. This will have a positive result all round as areas that are not yet fully connected to municipal mains (i.e. drainage, water, electricity) will be given more attention as opposed to focusing on smaller developments that pop up in far fetched areas. Regarding environmental aspects, this will also benefit the region.

New restrictions by the coastline will mean that any project will within a certain distance from the coast may have tougher conditions in order to protect this sensitive area. Jean Claude says that people and the authorities are becoming

more conscious of environmental aspects.

"Lots of benefits will come from these new restrictions and law changes, though like anything, it will make some people happy, and others not so happy", he says.

"I think it shows that people are

now becoming more conscious of environmental aspects and of the region's character, as well as the fact there are still some populations that need more services. At the end of the day though, a large part of how it will affect local municipalities still comes down to the respective council".

For more information on laws, or to see Azul Properties' extensive real estate portfolio, contact Jean Claude on: (+351) 961 620 754, e-mail: jeanclaude@azul-properties.com, or see website: www.azul-properties.com.

"A nice smile goes a long way!"



Cosmetic dentistry is becoming increasingly popular, and not just with the rich and famous. A large part of the population is opting for a permanent, perfect smile, as oral care climbs the steaks in health priorities.

Implants are one of the most popular forms of cosmetic dentistry, replacing real teeth with identical, natural-looking substitutes that last a lifetime.

A titanium base is surgically planted deep into the jaw and surrounding gum, for which a good, healthy bone structure is necessary.

The minor surgery can be done under local anaesthetic, following which patients can go about their daily routines as normal. A crown, bridge or denture is then fitted on top of the titanium base, this being the part that replaces the actual tooth and what people will see.

Between the time the implant is placed and a crown fitted several months need to pass in order for the implant to literally be integrated by the jaw. Only in specific cases is the crown fitted on the same day as the implant. Either way, both forms of practice have a very high success rate.

Implants are costly, but last forever and offer unlimited, perfect smiles. The implants are carried out in collaboration with renowned implantologist Dr. João Tiago, who visits the surgery for the purpose from Lisbon, with each case being studied individually.

Over the past two years that he has run the International Dental Centre, located within Albufeira's International Health Clinic, Dr. Henrique Fietz has witnessed first hand cosmetic dentistry's rise in

popularity. He puts this down to an ever-more health and image conscious society, who "want to feel good and be happy with what they see in the mirror".

"First impressions count most", he says, "and a nice smile goes a long way".

Thirty-one year old Dr. Fietz is an excellent example of his principals and indeed has a lovely smile, even more so now with the arrival of his first



Dr. Fietz.



PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 15 Sep 2007

PROPERTY OF THE WEEK

A magnificent country retreat in Maragota



Directly opposite the Colina Verde golf and hotel resort, home to the renowned Maragota restaurant, is this week's Property of the Week, an impressive 4 + 1 bedroom country home that offers future buyers the chance to leave their personal stamp on many aspects, in particular the garden.

The sprawling Quinta boasts uninterrupted panoramic coastal views of the Tavira, Fuzeta, Ria Formosa area. These can be admired from its elevated position and open pool terrace.

Surrounding the property, the large plot of land (measuring approximately 36,000 square metres) is still rather rural, presenting the opportunity for green-fingered enthusiasts to transform it into something distinct, should they choose to.

To the back of the main building is a carport for two, plus an outdoor laundry and storage room, and a barbecue area.

Also from the back we enter the kitchen, a good-size space, fully equipped, with a rustic-country design, its own store-

room/larder, and a useful breakfast counter.

Right from the kitchen is a roomy hall. Straight-ahead is an open living/dining area, a big room with patio doors to the pool and terrace at each end, and a series of seven smaller windows running along the back wall.

Whilst the living-room has a corner wood-burning stove, at the opposite end in the dining area, an open wrought-iron staircase climbs in another corner to a mezzanine roof conversion, presently used as an office, but is ideal to become a fifth smaller bedroom or a home library. It also has its own large roof terrace as well as access to ample loft space that runs the entire length of the house.

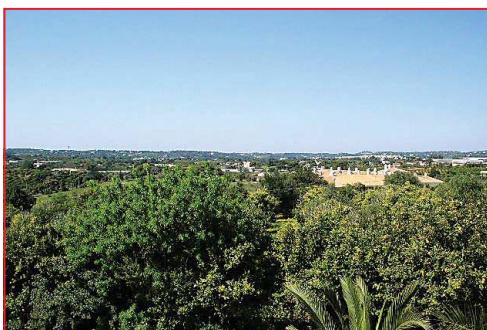
Right from the hallway is a

guest bathroom, and left is a long, wide corridor from which four doors lead off.

These four doors all lead to generously sized bedrooms, three of which have patio doors that open directly onto the pool terrace, all having fitted wardrobes and air-conditioning units (as do all rooms).

The first two bedrooms are identical; large in size, having a full-wall of deep, floor-to-ceiling fitted wardrobes, a separate seating area, and en-suite bathrooms.

The third bedroom is another good-size double, with a slightly larger en-suite bathroom, complete with a tub, and the fourth bedroom is a slightly smaller single room, the only room to not comprise an en-



suite bathroom.

Its privileged location sets this beautiful farmhouse in a league of its own, though it does require a little love and care to personalise the property and bring it up to date.

It is priced at €700,000.00. For more information, contact Bonau & Filho Mediação Imobiliária Lda on: (+351) 289 791 485, 917 506 365, or e-mail bonau@bonaulda.com. Alternatively, see website www.bonaulda.com.



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- Terrace
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Edifício "O Galeão", Loja 3,
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www.abode-pt.com**Quinta dos Salicos**

Outstanding villa of 240m² set on a plot of 2823m². 3 bedrooms, 3 bathrooms, lounge, dining room, equipped kitchen. Sat-Tv, swimming pool, storage room, established mature garden, central heating, 3km from beach and centre of Carvoeiro. Ref. V-316

Price: € 695,000

**Pestana Golf & Resort**

Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw. pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished. Ref. V-327

Price: € 299,000

**Sesmarias**

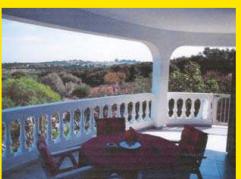
Large 5 bedroom villa, good location with sea view. 2 bathrooms + shower, spacious kitchen, lounge / dining room with fireplace. Garage and storage room. Very private swimming pool area with generous sundeck, fully fenced and partly furnished. Ref. V-348

Price: € 695,000

**Carvoeiro central**

Top floor apartment close to Carvoeiro beach w/ large communal swimming pool, elevator, ample parking, 2 bedrooms w/ wardrobes, lounge/dining area w/ wood burner fully equipped kitchen, modern bathroom, large roof terrace w/ seaview. Very good investment! Ref. A-235

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Price: € 495,000



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www.silverholidays.comRua do Brasil,
Casa Italiana, Loja 5,
8125-479 Vilamoura**Vilamoura**

3 Bedroom townhouse with private swimming pool, garden and roof terrace located on "Rua do Brasil" with easy access to the old village, marina and beach.

Price: € 340,000 / £ 234,000

**Vale Formoso / Almancil**

Luxury 2 Bedroom "Fully Furnished" house on small condominium of only 12 villas within 5 mins drive of Quinta do Lago & Vale do Lobo beaches & golf courses. This house is also within walking distance of the Michelin star 'Henrique Leis' and renowned 'A Quinta' restaurant. ***Great Value & Opportunity*** Price: € 360,000 / £ 248,000

**Vilamoura**

New 2/3 Bedroom townhouses with electric shutters, modern fully fitted kitchen, electric radiator heating, pre-installed for air-con, central vacuum system and large garage suitable for 3rd bedroom or games room.

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Beautiful 4 Bedroom / 4 Bathroom Luxury villa overlooking Vila Sol golf course and lake with air-conditioning, underfloor heating, private swimming pool surrounded by landscaped gardens.

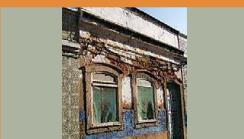
Price: € 1,575,000 / £ 1,086,000

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8700 - 038 FuzetaTel.: (+351)289 798 099
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Unique opportunity! Apartment building including one 1 bedroom apartment, one 2 bedroom apartment and a store on a commercial area!! Great rental potential!! Income source!!

Prices: € 450.000,00
Ref.: AO-EMP-0001
Call: 962 335 514**Fuzeta**

Old house to refurbish or rebuild located in the centre of Fuzeta. Great Location!! Excellent Opportunity!!

Price: € 86.000,00
Ref.: MG-VIV-0089
Call: 917 787 582**Fuzeta**

Townhouse, with large yard, terrace and balconies. Close to all amenities, walking distance to the beach... Fantastic price !!! Great opportunity !!

Price: € 265.000,00
Ref.: MG-VIV-0088
Call: 917 787 582**Moncarapacho**

13 lots for the construction of apartment blocks available in quality urbanization. With approved project!! Excellent business opportunity!!

Price per lot: € 135.000,00
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VILAMOURA: EN125, Boliqueime
Opposite Barclays Bk Tel: 289 301 294**Tavira**

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Ref: LHR-747 Price: € 265.000

**Tavira**

T2 townhouse in mature urbanisation in Tavira w/ large terrace, communal pool, stunning views & good rental potential. Construction approx. 130m², built in 2004.

Ref: LHT-824 Price: € 267.000

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**Tavira**

Spacious, new 5 bedroom family residence, w/ office, garage, terraces & garden, in a quiet Cul de Sac. Construction approx: 238 m², (excl. basement), plot 674m².

Ref: LHV-935 Price: € 600.000

**Moncarapacho**

Large 5-bedroom villa. Immaculate condition. Pool, garage & landscaped garden. Central location. Construction approx: 480 m², plot 1337m², built in 2006.

Ref: LHV-927 Price: € 850.000

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Ref. V71938

Farm w/ orchard in private & quiet area on 20.000 sqm plot w/ 240 sqm constr. area. Extension possible. Furnished & equipped. Central heating, borehole, solar panel, satellite dish. Garden w/ terrace, barbecue area & pool. Excellent potential for rural tourism. Investment opportunity.

Price: € 695,000.00

**CARVOEIRO**

Ref. V71921

Villa at quiet location w/ unspoiled sea views. Plot 1.850sqm w/ 375sqm constr. area + basement of 250sqm. 4 en-suites w/ possibility for 5th. Fully equipped kitchen, A/C, underfloor heating, sauna, office, games room, home cinema. Finished to highest standard. Landscaped garden w/ pool & BBQ.

Price: € 2,650,000.00

**VILAMOURA**

Ref. MB71902

Four bedroom townhouse only 200 metres from Vilamoura Marina. 165 sq.m. of constructed area. Fully furnished and equipped. A/C. Living w/ fireplace. Private garden w/ barbecue area. Large collective pool. Private parking for one car. Investment opportunity.

Price: € 399,000.00

**BOLIQUEIME**

Ref. V71872

2 semi detached villas 15 mins. from beach & Vilamoura. Plot 3.000 sq.m. w/ 577 sq.m. constr. area, 6 bedrooms, 5 bathrooms. Living w/ fireplace. Double garage. Fantastic panoramic country & sea view. Garden w/ 2 barbecue areas. Possibility to build a swimming pool. Excellent letting potential.

Price: € 595.000.00

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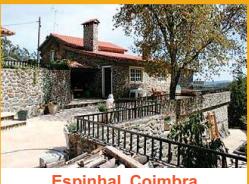
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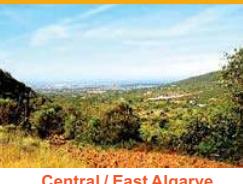
Ref. V708
Price Reduced to: € 495.000



Paderne

- Beautiful modern villa
- Architect designed/owned
- Many special features
- 4 bedrooms, 2 bathrooms
- Villa 275m², terraces 118m²
- Plot 1.500m², lovely views

Ref. V1000
Price: € 1.500.000

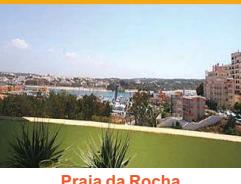


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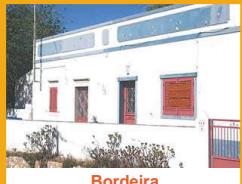
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Praia da Rocha

- 3rd floor T1 apartment
- Totally renovated
- Lovely harbour views
- One street from beachfront
- 2 minutes walk to beach
- Communal pool

Ref. A973
Price: € 105.000
See also A974 & A975



Bordeira

- Traditional cottage c1878
- Quiet area, views to coast
- 3 bedrooms, 1 bathroom
- Large conservatory
- Near local shops & cafés
- Villa 115m², plot 3.760m²

Ref. C969
Price: € 250.000



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Pedras da Rainha - Cabanas

Charming studio apartment (30 m²), on the top (1st) floor w/ a nice 8m² veranda within a park-like holiday complex w/ many green areas w/ access to sw. pools, boat transfer, tennis courts, restaurant & reception. Situated within walking distance to Cabanas w/ its beautiful lagoon & beach. 3 kms to Tavira.
Ref. 026 ACAB Price: €90.000



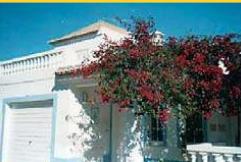
Neigh. - S. Brás Alportel

Typical, 3 bedroom Algarvean cottage renovated in 1993 to very high & tasteful standard, (e.g. gas central heating), retaining all Algarvean characteristics (can ceiling, terracotta tiled floors, etc.) surrounded by beautifully arranged garden. Plot: 2.872 m². Conveniently situated between Loulé & S. Brás.
Ref. 027 CSBA Price: €450.000



Neigh. Stº Estêvão / Tavira

Spacious 4 bedroom villa with swimming pool, garage, separate self-contained annex and lovely terrace areas, set on a plot of land of 2.500 m² arranged as a lovely garden. The property enjoys lovely views and is situated in peaceful surroundings, 1 km from S. Estêvão and 5 kms from Tavira.
Ref. 028 VNEST Price: €475.000



Townhouse - Tavira

Lovely 2 bedroom, 2 bathroom townhouse (104 m²) built on 2 levels, with 2 spacious terraces and garage, situated in a new residential area, within 10 walking min. into the centre of Tavira. To be sold furnished and equipped.
REF. 029 TTAV Price: €180.000



Santo Estevão / Tavira

2 bedroom house in need of complete modernization, with glassed in conservatory, swimming pool, garage and roof terrace, surrounded by beautiful garden with 3.750 m² of land, situated 10 min. to Santo Estevão and 8 kms to Tavira
Ref.030 HLSEST Price: €280.000

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Caliços (Olhão)

Lovely 3 bedroom villa close to small golf hotel in the area of Moncarpacho. Nice adult garden w/round pool. Consists of an old farmhouse renovated & extended w/2 living rooms & 1 bedroom in the ground floor & 2 bedrooms in the 1st floor. The property is sold completely furnished including the garden tools.
Ref 1711 470.000



Fuseta (Olhão)

Townhouse in Fuseta built 1977 keeping the original style, only 5min walk to the beach. Composed by the ground floor with kitchen, living room and at the 1st floor with 2 bedrooms, office, WC and a roof terrace with an additional room.
Ref 1703 200.000



Santa Maria (Tavira)

New 2 bedroom apartment in the 1st floor situated in a residential & very calm Urbanization. Constituted by bedroom, suite, living room w/ balcony, half-equipped kitchen, hall w/ storeroom, bathroom & parking w/automatic gate & access to interior of building.
Ref 1700 126.000



Pinheiros de Marim (Olhão)

New house situated in a calm urbanisation. Composed of R/C with hall, common room with fireplace, bathroom, kitchen, BBQ and garage; and in 1st floor: 3 bedrooms, bathroom and storeroom.
Ref 1698 239.000



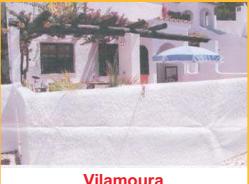
Aldeamento de Marim (Olhão)

Lovely ground floor 1 bedroom apartment in nice urbanisation close to lagoons & islands of nature park "Ria Formosa". Communal pool area w/ bar, tennis court & gardens. Kitchen, living room, bathroom & balcony, partially furnished. Garage & storeroom in basement. Good rental investment.
Ref 1664 85.000

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Vilamoura

Apartment composed of 2 bedrooms, 1 bathroom, lounge, equipped kitchen and 2 terraces. Furnished. Communal swimming pool and garden area.
Ref. A1198 Price: € 160,000



Vilamoura

Spacious 1 bedroom apartment plus 1 small bedroom, bathroom, lounge w/ fireplace, kitchen, hallway, storage & terrace w/ sea view. Parking space & storage in the basement. Communal sw. pool & garden area. Furnished & equipped. Const. area - 99 sq.m. Ref. A1201 Price: € 272,000



Vilamoura

Villa situated near all facilities, in a quiet area, composed of 4 bedrooms, 3 bathrooms, lounge & dining area w/ fireplace, kitchen, storage, terraces and roof terrace. Swimming pool and garden. Plot area - 705 sq.m. Const. area - 169 sq.m. Ref: V12514 Price: € 525,000



Vilamoura

Beautiful villa composed of 3 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, kitchen, storage, laundry & terraces w/ beautiful views. Garage for 3 cars & garden. Lake, barbecue & oven. Plot area - 6.500sqm. Const. area - 250 sqm. Ref: V12515 Price: € 690,000



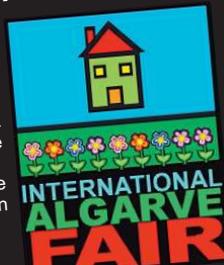
Goldra

Spectacular villa composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, dining room, kitchen, storage, laundry & terraces w/ beautiful views. Garage for 3 cars & garden. Lake, barbecue & oven. Plot area - 6.500sqm. Const. area - 250 sqm. Ref: V12473 Price: € 700,000

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Hoppen's school of design

Baffled by the variety of styles on offer but want to create a perfect home? There's no better guide than leading designer, Kelly Hoppen, who gives her expert advice on today's interiors.

Walking into designer Kelly Hoppen's apartment home is a jaw-dropping experience - it's a vast loft-style space combining stunning effects, but still manages to be cosy and welcoming.

"When people first walk into my home, they do have that sense of 'wow,'" says Kelly, beaming delightedly as she shows off this blueprint for urban contemporary style.

It has a state-of-the-art kitchen area, gym, 'zoned' living areas and roof terrace. Upstairs via a spiral staircase there's a 'snug' den and sanctuary bedroom.

But she's honest enough to admit that the project has been a learning curve for her - appropriately perhaps as the flat was once part of a Victorian girl's school.

"The whole experience has given me even more insight into the pitfalls people face when designing their own homes."

Initially she wished she hadn't bought the property: "I hated it because it was so huge.

"For months I convinced myself I would do it up and sell it on, but slowly I came round to it. Now I absolutely adore it.

"The moral of that is trust your first instincts. They often remain true, though it is difficult to remember than when you are elbow deep in builder's dust!"

Kelly, always busy creating dream homes for celebrities, also confesses she left herself too little time for the project: "If I made one big mistake with this project, it was rushing it."

"Interior designers with their own homes are like the cobbler with his shoes - we never give quite the same care and attention as we do when designing for someone else. I designed the whole of my apartment in an afternoon."

It reflects some new developments in her style - using furniture as a statement. "Before I used to play with fabrics to create visual shock - now I like to do similar things with the forms of furniture and objects.

"I love taking antique and vintage finds and placing them against the clean lines of stark contemporary pieces."

In her own space it appears she's moved away from her signature look - modernism and sleek perfection - as she's highlighted the irregularities of the period architecture and left the floorboards, windows and beams unchanged.

In other ways, it's classic Hoppen, with a subtly contrasting dark and pale scheme of neutral colours, white and taupe, and contrasting textures.

Kelly says: "I took inspiration from the vintage look that's so popular in the fashion world." She hung a Perspex Bubble chair in the open-plan living area to "add fun and character to the space...for me that chair makes the room".

While creating what she calls her "ultimate dream" apart-

ment she reveals: "What I have learnt is that everybody likes too many different things. There are so many great products and ranges out there that it is easy to lose one's way - people think they can have it all."

Helpfully, she's revealed her design secrets and top tips in her new book, *Kelly Hoppen Home: From Concept To Reality*. It 'opens the door', not just to her own home, but also those of her celebrated clients and has interior solutions to suit every size space from compact to grand.

Follow Kelly's step-by-step guide to designing your own dream home.

Design

Planning is key whether you are starting from scratch or just revamping your home, says Kelly. "It's not enough for a home to look spectacular, it has to work for whoever lives there on all levels."

"Be honest. You might fantasise about metamorphosing into a domestic goddess who spends hours in the kitchen baking cakes, but if the truth is that you will dash in, grab something out of the fridge and dash out again, then the priority is a large fridge, not a state-of-the-art stove."

She advises that with each room you design, you should begin by writing down all the activities you and your family might pursue there.

Let everyone in the family - including the children - have a say about what they would like in the home. "The more ownership of a space a family has, the more likely they are to help maintain it."

Tip: Look at the space in the property as one fluid whole, rather than being constrained by existing partition walls. You might be able to reconfigure it to suit your needs simply by knocking through two rooms or creating an L-shape with three.

Style

Style influences come from all over the place - travel, restaurants, fashion, history, nature. She advises collecting pictures, cuttings and fabric samples and paint charts that inspire.

She says: "You can love a million different styles, but the only way to get a look right is to edit down and down."

The best way to do this is to make room boards - where you pin and arrange everything you like on to a large board, one for each space you are designing.

Tips: Don't get fixated on one fabric, instead try to build up a tonal palette of colours. Design the look of the whole room before you decide which fabric is for sofas, curtains, and cushions.

Photograph furniture and other objects you plan to integrate into the room so you can decide more easily whether they'll fit or have to be discarded or stored.

Furniture

This is more than a functional essential in today's rooms, according to Kelly, who believes it's right at the heart of a scheme.

"People are waking up to the

fact that a star piece of furniture can have just as big an impact on a room as sensational artwork."

TIPS: Bend the rules - mix furniture of different styles, vintages and textures, and don't position it in the most obvious way. Symmetrical arrangements work best in perfectly proportioned rooms. If not, remember that balance and harmony are more important than rigid symmetry.

Remember that old pieces can take on new life if recovered. One of her favourite techniques is to have chairs 'wrapped' in fabric in a bright colour or bold fabric.

Tip: Get the look with Kelly Hoppen's furniture and accessories collection, KHome at BHS (www.bhs.co.uk).

Lighting

Good lighting can transform an average room into something truly wonderful, Kelly believes. She says: "Successful lighting means having various light sources, which create pools of light exactly where you want them."

Use lights to accent objects or artwork, to wash light across a stone floor or plaster wall, to throw a soft shadow effect on dark wooden surfaces or highlight a focal piece of furniture.

Tips: Lighting doesn't have to be placed centrally in the ceiling. You can often achieve a better effect with lighting positioned to the sides, which sends beams across a room.

If you want a central light make a statement with a stunning chandelier or sculptural pendant.

In her flat, Kelly has lights placed at skirting height that send a wash of soft light across the floor.

Accessories

Cushions and throws are an easy, inexpensive way of adding texture, colour and luxury.

Kelly says: "I never tire of finding great combinations of fabrics and embellishments to use on cushions, and they can transform the look of a room in seconds."

Buttons or stitching are another opportunity to bring in textural contrast but don't overdo it. In a mix of large and small cushions, confine ornamentation to the small ones as they will be in the front.

Tip: One of her signature looks for cushions is banding - using removable band of contrasting material e.g. a coarse linen cushion banded in deep velvet.

"Take the banding off and you have plain linen, which is summery and relaxed. Add the banding and you have a more wintry, cosy feel. Swap the banding for a more masculine texture, such as leather and you instantly create a more edgy ambience."

Kelly Hoppen Home: From Concept to Reality, by Kelly Hoppen, is published by Jacqui Small. *Gabrielle Fagan*

Tasa Costa Esuri Ayamonte

A brand new development Tasa Costa Esuri is located in a unique geographic position. Situated in Costa de la Luz, the most western corner of the Andalusian coast; on the border with Portugal, near the mouth of the Guadiana River and very close to Coto de Doñana, the most extensive natural reserve in Europe, and only a step to the beach.

There is easy access to the area by road (55 km. from Huelva and 140 km. from Seville) or by plane (90 minutes from Seville Airport and 45 minutes from Faro International Airport)

The complex offers the possibility of maximizing your free time and leisure thanks to its commercial areas, 2 golf courses of 18 holes and green spaces that allow enjoyment for the whole family.

Tasa Costa Esuri's features include, among others, secure access for residents, landscaped common areas, social club, swimming pools and other sports areas, a snack bar in the swimming pool area and



Landscaped common areas, a social club and swimming pools are included.

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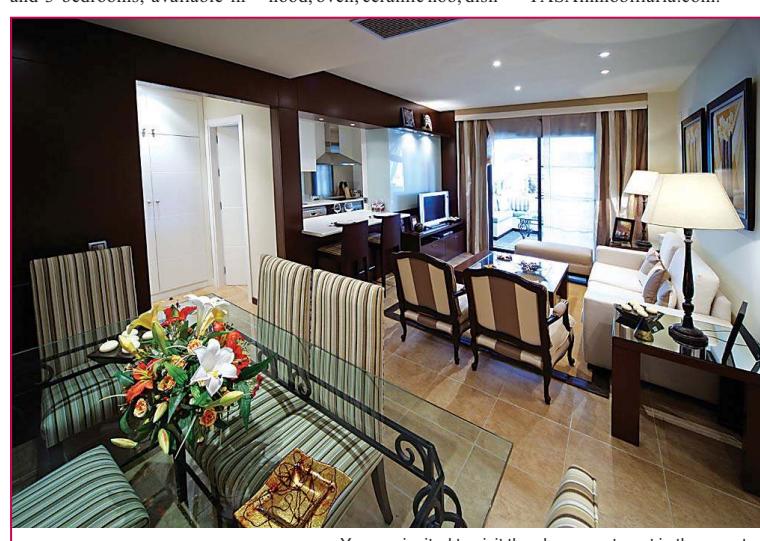
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Sowing a new lawn



A new lawn around your property sets it off and can add value. If you are thinking of creating a new lawn and need to do it on a budget, then sowing from seed is your cheapest option.

If you are thinking of creating a new lawn and need to do it on a budget, then sowing it from seed is your cheapest option - and September or October is an ideal time to do it, when the ground is still warm and there's a fair chance of rain.

There are seed mixes for all areas of the garden - shady and dry, fine tufted or more resistant to wear and tear. Decide what you want to use the lawn for and then choose the seed mixture accordingly. Make sure the seed you buy is the current season's stock, as the germination of grass seed deteriorates with age.

Preparation of the soil is the most important aspect of a new lawn. Start by digging over the soil, removing stones and weeds, making sure you get rid of perennial weed roots which may prove a nuisance later on if you don't eradicate them now. You may need to apply systemic weedkiller to actively growing weeds and leave them until they have died down completely.

When you dig the site over, if the soil is at all compacted beneath the surface, hire a rotovator which will cultivate to a fixed depth and break up any compacted soil underneath to

allow free drainage underneath.

Incorporate some organic matter such as well-rotted farmyard manure, compost or any organic soil conditioner.

The next stage is to level the ground. You need to firm the ground by taking shuffling steps over the area or laying a plank of wood on the ground and walking over it a few times. Move the plank across the site until you have firmed the whole area. This will avoid dips and bumps later on.

Once the ground is level, produce a fine tilth on which to sow the seed. To do this, take a wide garden rake and rake the surface backwards and forwards in all directions, breaking any lumps of soil and removing any remaining stones.

A week before you sow the seed add a general lawn fertiliser and rake the surface. If it doesn't rain, water the ground thoroughly.

Now you are ready to sow the seed. Scatter it as evenly as you can, at a rate of around 35g per sq m (or follow packet instructions). To help, you could place string or canes a metre apart, the length and width of the lawn, creating square metre portions.

Lightly rake the surface of the soil to work the seed into the soil and partly cover it. Keep the lawn watered well with a sprinkler if a dry spell occurs.

Protect the newly sown lawn from birds using netting and a green haze should appear in around a week to 10 days' time.

Hannah Stephenson

What's in store

Many of us enjoy having plants inside the home and therefore we have begun with one that we think is an excellent example of a more unusual but very attractive plant. The final two plants are amongst the more common plants that are seen in our gardens but we cannot fail to appreciate their place in our borders.

Dipladenia sanderae belongs to a group of twining plants that are now more usually referred to as belonging to the Mandevilleas, therefore according to the date of your gardening books they can be listed as either. These plants will not tolerate frost and are more usually used in the house or conservatory although during the summer months they will grow well in a sunny position that is shaded from the very hot midday sun in the garden. Give them a good soil mixture and water well during the summer but don't give too much during the winter.

Shrubs of *Lantana camara* are common in our gardens with the colours ranging from white and yellow through to the reds and bronzy shades all of which flower during many of the summer months. It is not frost hardy and therefore does need adequate protection during the winter if there is a danger of frost. It is best grown in full sun in a well-drained soil mixture. During the active growing period it does benefit from an application of liquid feed. Once established it grows rapidly and during early spring should be pruned back into shape. In frost-free areas it can be used as a flowering hedge.

Lavandula angustifolia is probably one of the best-known lavenders and is much loved by bees. It is popular for its delightful aroma that can scent the whole area if you inadvertently brush against it. It has grey green leaves and of course pale or dark purple spiky flowers that can reach up to 8cm long. A native of the western Mediterranean region of Europe it needs a well drained soil mixture in full sun. As it grows up to one metre in height with a spread of even more, it may need cutting back during the spring.

Madge and John Measures

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Sweet peppers

They're colourful and tasty, growing happily in containers outside or in a greenhouse and give a boost to salads or can be roasted and stuffed, or grilled. Sweet peppers need a sunny site and hot weather, so they are ideally grown in a warm, sheltered, sunny site which will help the fruit ripen.

Seeds should be sown at 20°C in pots of seed compost in late winter or early spring and transferred into 9cm pots when large enough, to grow on at 18°C. After that, they can be transferred to larger tubs or into the garden and trained up canes and loops of string.

Plants should be fed regularly with an all-purpose fertiliser until the flowers form and then potassium-rich feed while in flower. Peppers can be picked while still immature, or left to change colour on the plant. The longer they are left, though, the fewer you will get.

Good varieties include the bright orange bell pepper, 'Gourmet' and the early-cropping red pepper, 'Gypsy'.

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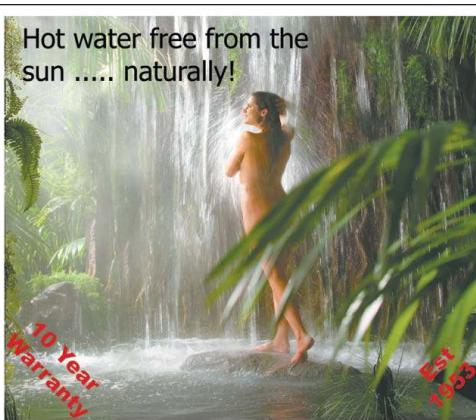


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Dining Delhi style



Pictured left to right: waiter Dinesh, Second chef Tarik, owner Carlos, and Chef Abdul.

Ok, so maybe it's not Delhi, or even anywhere in India, it's in Galé, but after experiencing the delights of the Karahi Restaurant you will be forgiven for thinking you have spent the evening somewhere on the Asian subcontinent.

From the outside the restaurant is charmingly different, having a slight 'Taj Mahal' feel due to pinnacled awning roofs.

Inside, the Indian feel is much stronger, being lavished in authentic tapestries, ornaments and materials. Styled like a luxurious tent, the indoor dining room is cool in summer and heated in winter, being romantic and intimate, polished off with beautifully laid tables and gleaming cutlery.

Outside, the roof terrace provides a stunning location on which to enjoy your meal whilst the nights are still pleasant. If wind picks up, then it can be protected with awnings, so make the most of what is left of summer.

Under new management since February, current owner of the Kahari Restaurant, Galé, Albufeira, Carlos Simão, has extensive experience working in the hotel and restaurant trade, having spent 22 years of his career in the UK.

Familiar with the discerning standards expected of a top-class Indian restaurant, Carlos sourced and headhunted new chef Abdul, who was previously working in one of Lisbon's acclaimed Indian restaurants. Originally from New Delhi, Abdul is professionally trained in Indian cuisine. He has been in kitchens in his homeland since the age of 12, having worked in some of India's top restaurants and hotels.



In the kitchen he is aided by Pakistani chef Tarik, who together produce the most fabulous, flavoursome Indian food you will find in the region. Naan bread and Tandoori specialities are cooked in an authentic clay and charcoal oven. Full of colours and smells, just like the streets of India, the kitchen is a fascinating place, especially when taking into account that fact

that the two good-natured, hard-working chefs come from two very different cultures and backgrounds and, supposedly, countries that are at war, though combine their talents and personalities harmoniously to create unique culinary delights.

As you choose your main meal from a vastly varied menu, offering everything from Chef's specialities to all-time Indian favour-

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Open from 12pm to 11pm

Restaurant guide

ALMANCIL

Bistro des Z'Artes

International Menu

Open: 12.00-15.00 & from 7pm.

Closed Mondays

Rua Calvario, 69, Almancil

Tel: 289 395 114 / 967 785

601

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Delicious dishes from

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Lançarote de Freitas, Lagos

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Largo 25 de Abril, N° 1,

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Sunday from 13.00

Rua Lançarote de Freitas,

46, Lagos

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From the outside the restaurant is charmingly different.

ites (like Chicken Tikka Massala), tuck into freshly prepared popadoms, accompanied by a selection of homemade dips: onion salsa, mint and yoghurt, or lime pickle.

There is something to suit even the most discerning of palates, from mild and sweet to the famous Vindaloos and Jalfrezi. So whether you like it sweet, savoury, or very, very spicy, this is the place to get it right, and do

try the lamb pasanda, which is creamy and sweet, the meat being exquisitely marinated to become melt-in-the-mouth.

Chicken Makhan also features in the specialities due to popular demand, smoky and luxurious on the taste buds, and Saag aloo, a potato and spinach concoction, makes a perfect, light accompaniment, as well as rice. All dishes are available in vegetarian versions.

So if you would like to spend an evening in India, without the hassle of hours of air-travel, the Karahi is the place to go. Enjoy the exotic trip and the most flavourful food in the region. The restaurant is open seven days a week, from 18h00-23h00, take away and local delivery services available. For more information or reservations, call: 289 592 780, or visit their website: www.algarve-restaurants.com/karahi.

Duna Beach Restaurant & Bar is located on the soft sands of Meia Praia, near Lagos. Totally renovated with a new image inspired by nature, using natural fabrics in soft colours combine to create a simple yet sophisticated setting. Open year-round, you can chill out in the open, airy lounge atmosphere over-looking the fabulous pool. Choose from a range of healthy dishes prepared by their chef Jerónimo Abreu from fresh, carefully selected ingredients. These include Portuguese, international and vegetarian dishes. Opening at 9am with fingerfood and snacks the bar serves cocktails, long drinks, fruit juices and milkshakes, and doesn't close until 5am! There are sun loungers and stylish shades for rent on the beach, 3 tennis courts, changing and shower facilities, and water sports. Occasional special events.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you

might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

The **Blue Wave Beach Bar** can be found at Cabanas Velhas Beach (between Burgau and Boca do Rio). Serving tasty sandwiches, various salads, fresh fish, house specialities, fish cataplana, chicken piri-piri and more! Combine your visit to the beach with a leisurely lunch and refreshing drink.

Mister Grilo Restaurant is a tricky place to find in Porches, but well worth the discovery.

Not only well known to local residents, but also travellers from afar. The bar/waiting area is comfortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint-washed walls with miniature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

Exquisitely-decorated with

modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

Faja Lobi is in fact an indigenous flower of Surinam and the words mean fiery passion, which is how chef Farida approaches her love of cooking, using recipes learnt from her mother and grandmother. Recently opened in Alvor and believed to be the first and only such restaurant in the Algarve, dishes are largely influenced by Indonesian cuisine, though Farida and her husband Peter are happy to make dishes as spicy or mild as clients wish. There are smoking and non-smoking rooms, plus a 'happy hour' between 5pm and 7pm with Dutch and Surinam snacks. See their ad. below for some main course suggestions. Reservations are advised.

Have a four course meal for only €12.50 pp
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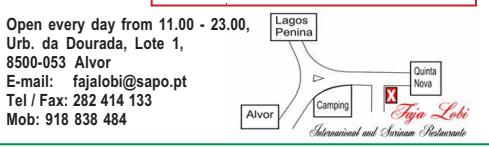

Faja Lobi International and Surinam Restaurant

Some of our Surinam Main course suggestions:
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blue wave BEACH BAR

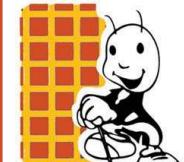
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New Exciting Kong's



The World of Kong's has changed so much since I first discovered them about 16 years ago. They now cover all of the dog's years.

It would be impossible to tell you about all the new toys, there are so many. I will run through a taster, we will have the range with us at the next few shows. Scruffts, Algarve Fair and Blip.

We have the new puppy range which is made of a teething rubber formula. This comes in the normal Kong design, a small goodie bone and a fantastic Kong flyer which is like a soft frisbee. The Kong Wubba range comes in a Pupper size, it is a perfect tug and toss toy, it squeaks as well. I need another puppy to play with them!! Joking!

At the other end of the spectrum is the Senior Kong - now this could be just what Sandy needs. They are, again, made out

of the gentle rubber and recommended for light chewers.

In the middle, for the fun and game brigade we have lots of new and exciting toys. In fact I think my three would love the whole range, I am trying not to buy them everything! The one that amuses me and I know will amuse Cleo and Merlin is the Air Q-tease, this comes in various animal disguises. It is the terrific tugging, tossing and teasing toy and comes complete with two Air Kongs, a toss and tug dental rope and a replacement squeaker ball, very good value at under €8. I can now confirm that Cleo, Merlin and Chloe think this new Air Q-Tease is the best toy Mummy has presented them with!! The new Kong Tug Toy is the answer for

Cleo and Merlin, one at each end they will play for hours. The new Wubba range is softer than the original Kongs, but it is wrapped in reinforced fabric, thus making the perfect tug, toss and squeak toy, this would be ideal for my more sedate Chloe. In fact I can feel a spending spree coming on. We still have a huge range of the original Kong toys, the Biscuit Balls, Swimming Kongs, Air Kongs, Dental Kongs. All the Kongs are designed to sensibly amuse our four legged friends when we have to leave them, if we want to watch the television. Cleo and Merlin seem to think their aim in life is to play rolly poly in front of the TV in the evenings so we can watch them as well!! However, we can rarely see the screen over the flying legs and tails with accompanying woofs. Even Sandy at all her over 14 years joined in this week and actually chased!! the two PWDs into their cage. Should add that Sandy is trying out a new painkilling drug for her Hip Dysphasia - hink it is working!!

Look forward to seeing you all over the next few events. Chloe, Cleo and Merlin will be at Scruffts along with hopefully Maisie, Jess and Zorro Julie's three furkids. We will all have our hands full but it will be fun which is the aim of the game!!

Protect your pet with knowledge

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What colour are my eyes?

Paws4pets Scruffts Competition

Paws4Pets will be running a competition at the Scruffts Dog of the Year Show as we did last year.

The competition is to find the colour of my adorable 4 year old Old English Sheepdog's beautiful eyes.

Some of you may have seen Chloe at last years show and she will be at the show again this year.

Here is a photo of her so that you can recognise her, but she has her Doggles on.

At the show, on Sunday 16th September, she will be wearing her yellow reflective coat with her name on it most of the day and, of course, no Doggles to hide her eyes! She will be with her friends Cleo and Merlin, both in their reflective coats.

You can collect or complete an entry form at the Paws 4 Pets stand.

The winner will be drawn on the Paws4Pets stand at the close of Scruffts, at approx 16.30pm.

Either the prize can be picked up at Scruffts or we will make alternative arrangements.

Protect your pet with knowledge
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What colour are my eyes?

www.the-news.net

ATTENTION PLEASE:

Disappeared on 30th July, Km 91 direction South-North, on the highway A2, before Alcácer do Sal a medium size (+ - 10 Kg) black dog that goes by the name Ulisses. Ulisses has a black collar with a silver disk with a name and telephone number and a red leash, that has perhaps in the meantime been lost. He disappeared during an accident with a white jeep that turned over and burst into flames. Ulisses survived the accident.

Ulisses belongs to two baby twins that were also travelling in the jeep and miss him deeply. We request whoever found the dog, or has any information to please URGENLY call:

Tel: 964579327 or 966554128

NOTE: A reward will be given in the amount of 1000 Euros.

Ulisses had at the time his hair cut like a schnauzer/terrier.

Vet List

Ana Silva
Consultório Veterinário Aurora
Pé da Cruz
8550-328 Monchique
tel - 282 911 008
Urgências - 964 192 251
email: ana_silva@netcabo.pt

Claudia Santos
Torrejão Clínica Veterinária
Sítio de Torrejão-Areeiro
8100-225 Loulé
Tel: 289 422 286
E-mail : torrejaoveterinaria@sapo.pt

The World of Haltis

We have covered these before but I have had so many enquiries about the Halti Head Collar, I felt it may be worth another article. Do they work? How do they work and do I recommend them.



Halti collar when fitted correctly is fitted to the aquapuncture points and that helps calm an agitated dog. I have first hand experience of this with Cleo who is nervous.

When I was training her in the sea I had her Halti off, some people approached her and she paniced and barked madly at them. This was out of character for her. I put her Halti back on, 20 mins later the same thing happened and she did not react, no barking. I concluded that she must feel calmer. It is all conjecture as she cannot tell me. But, I have to say that both my Waterdogs are much calmer at the shows when they have the Haltis on, obviously they cannot wear them in the ring!!

So, I acquired her, her first, and only Halti. Yes it took a while for her to get used to it. First, they MUST be fitted correctly and be the correct size for the dog. When you first put them on, the dog will not settle immediately. I always train them gradually to wear them for a little while at home, no lead attached. Then once they are used to that, add the lead before you even consider going out. Only when they are used to wearing the Halti do you start taking them out on it. PLEASE NOTE that a Halti must not be used in conjunction with the extendable lead - for an obvious reason, as the dog would quite probably be running fast it would stop the dog too fast and may do some damage. The Halti now comes with an add on Halti link, this is a precaution I have been advised that the

walk calmly beside me. The Halti guides the head and the body will automatically follow. They allow the dog to pant and drink. I am told that they can close a biters jaw, but having never owned a dog that bites I cannot confirm that. They correct misbehaviour and simplify training, yes I can confirm that.

Clients have asked us for the padded Halti, we now have them in stock. Obviously these will be more comfortable for short haired dogs, mine are all very furry!! We also have Halti's in Red and Blue, I am thinking of getting Cleo and Merlin the coloured ones. However, I really must not buy all the stock from the shelves!!

Hopefully some of this will be of help or interest.

Protect your pet with knowledge
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SCRUFFTS 2007

DON'T FORGET THE:



Scruffts Dog of the Year Show

Sunday, 16th September at Fatacél, Lagoa. There will be 17 classes, Best Pup (mixed breed), Best Veteran (mixed and pedigree), Best 6 Legs (mixed breed), Waggiest Tail (mixed breed), Best Male (pedigree), Most Handsome Dog (mixed breed), Happiest Rescue Dog (mixed breed), Best Female (pedigree), Prettiest Bitch (mixed breed), Most Appealing Eyes (mixed breed), Most Appealing Eyes (pedigree), Best Condition (mixed breed), Judges Favourite Dog (mixed breed), Best Condition (pedigree), Best In Show (pedigree), Scruffts Best In Show (mixed breed). For more information, please email:

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Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

UNTIL 30 SEPTEMBER



Sculpture Exhibition by Harald Klingelhöller 'O Mar na Maré Baixa

Sonhado • The exhibition not only shows recent works of this artist from Düsseldorf, but also some pieces created around twenty years ago. Klingelhöller is known by crossing in his sculptures materials rarely used in sculptures, like paper and card combined with stone and steel • Serralves Museum • Rua D. João de Castro, 210 • Tel: 226156500 / 543 / 584 • serralves@serralves.pt

from Düsseldorf, but also some pieces created around twenty years ago. Klingelhöller is known by crossing in his sculptures materials rarely used in sculptures, like paper and card combined with stone and steel • Serralves Museum • Rua D. João de Castro, 210 • Tel: 226156500 / 543 / 584 • serralves@serralves.pt

Centre



CASCAIS

DAILY

Cascais Cultural Centre • Features shops, a coffee shop and a terrace • Open from 10h00 to 18h00 (Closed on Mondays) • Av. Rei Humberto II de Itália • Tel: 214848900

ESTORIL

UNTIL 27 SEP

Great Concerts '07 of the Casino • Du Arte Lounge Thursdays at 23h30 • Info.estoril@estoril-sol.com 214667700 • 214825400

LISBOA

DAILY

National Coach Museum • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • 10h00-17h30 (Closed Mondays & holidays) • Praça Afonso de Albuquerque • 213610850



Bodies Exhibition 'The Human Body as you have never seen before' • For information: 707234234 or 213466255 (Monday to Friday from 10h00 to 19h00) • or email ocorpohumano@energysplash.com • Palácio dos Condes do Restelo on Rua da Escola Politécnica, 42 - Príncipe Real • www.ocorpohumano.net

21,22 SEPTEMBER

'D'un Soir un Jour' - performed by the Dance Company Rosas with choreography by Teresa de Keersmaeker • 21h00 • Grand Auditorium of Belém Cultural Centre • Tickets: From €5 to €17,50 • Praça do Império • Tel: 213612400 • www.ccb.pt

DAILY

Belém Cultural Centre • One of the great cultural centres in Europe in one of Lisbon's areas of outstanding architectural beauty it hosts exhibitions, performing arts, restaurants, gardens, shops and conference centre • 213612400



23 SEPTEMBER

Promenade Concert 'Tchaikovski's Overture 1812' • 11h30 • Prices from €5 to €10 • Coliseu do Porto • Rua Passos Manuel, 137 • Tel: 223 394 940 • Fax 223 394 949 • coliseu@coliseudoporto.pt

MAIA (PORTO)

UNTIL 30 SEPTEMBER

Photo Exhibition 'CHIPRE: 10 000 Years of European Civilization under threat' • Fórum da Maia (next to the City Hall Maia) • Open daily from 15h00 to 19h00 • Also on exhibition 'sé verá al revés' by the painter Oscar Ranz • Rua Heróis de Mucaba, 32, 4470-056 Maia (Porto) • Tel: 229023 868 Fax: 229023852 • ajf@masteguardian.com mailto:ajf@masteguardian.com www.chiprenews.net



UNTIL 30 SEPTEMBER



Sea Monsters exhibition - Oceanário de Lisbon reveals the mysteries of the seas • Do not miss this opportunity to learn more about the oceans in the time of the Dinosaurs • In the atrium of the Oceanário is a "true" marine monster, with more than 20 meters and 800kg, inviting visitors to the exhibition appealing to recycling and preserving the environment, one of the purposes of the exhibition in the ambiance of one of Europe's biggest oceanariums • The Oceanário de Lisboa is situated in the Park of Nations • Open from 10h00 to 18h00 • 218917002 / 06

SINTRA



Pena Palace • The Palace dates back to 1839 • Visits are free • Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

DAILY

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitas and Meleças • Tel: 219164303 • Fax: 219236150



ALBUFEIRA

DAILY



Municipal Archaeological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year is open from 10h30 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt

ARMAÇÃO DE PERA

MONTHLY



Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first **Thursday** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

LAGOA

16 SEPTEMBER

9th Scruffts Dog of the Year Show • **FATACIL** Showground • Organized by A.P.A.A., Apartado 101, Mexilhoeira Grande • Anyone or any company interested in sponsoring or taking a trade stand at the show please email for information • scruffts2007@yahoo.co.uk

FARO

20 SEPTEMBER

Concert by JazzAFF - Faro Philharmonic Quartet Association • 21h30 • National Public Library • 289 897 500

23 OCTOBER



Contemporary Theatre-Dance 'Insula / A Ilha' • In the scope of Commemorations on the 10th Anniversary of the Romania Consulate in Algarve, the show has the sponsorship of the Embassy of Romania in Portugal and of the Romanian Cultural Institute • Produced by Florin Vidamski and choreographed by Fatma Mohamed • Teatro das Figuras at 21h30 • Info: 289888100

PORTIMÃO

28-30 SEPTEMBER

World Motorboat P1 Grand Prix • Visit the site www.cm-portimao.pt

South



SERPA

DAILY

Museu Arqueológico (Archaeologic Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt



TAVIRA

DAILY

Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt



www.cm-tavira.pt

BMX (Bicycle MotoX) International Championship 'Fieldcontrol'

22nd & 23rd September Parque da Juventude in Portimão



Competing athletes from 13 countries

Summer Jazz in Almancil • Every Sunday afternoon from 16h30 to 19h30 • free entrance to pateo • Ermitage Terrace • For directions, please view: www.ermitage-algarve.com • Tel: 289355271

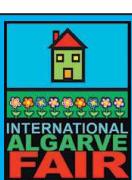
"Urban Zoms"

Art Exhibition by H. Fejgl and A. Van Nooij from Sept. 8th until Sept. 31st.

Once more, Adrian and Helena will be displaying an exciting collection of photos and photo-collages inspired by colorful graffiti, a real treat for lovers of colors and abstract art. Only this time, their works will be shown in a salon in one of Portugal's best hidden secrets — the Palácio Gorjão. Standing in the heart of Bombarral, a small town near Torres Vedras, this architectural jewel was built in the 16th century by the Cunha e Coimbra family. In the 20th century it became the Municipal Museum which now houses archeological remains, an ethnography room, as well as an outstanding collection of modern sculptures. Open seven days a week, this museum/palace can be visited from 10:00 to 12:30 and from 14:00 to 18:00. Entrance is free and there is a good pastry shop right across the street!

22nd and 23rd September

FATACIL grounds in Lagoa



TALKS

Balsa, The Lost City

On Friday 21 September at 6pm at the Museu do Trajão, in São Brás, Dr Luís Fraga da Silva will be delivering a talk (in Portuguese) on the subject of his recently published book, 'Balsa, Cidade Perdida'. *Balsa* was the name of the Roman town located to the west of Tavira, on the site of the present Santa Luzia and Pedras de Rei. Lusitanian *Balsa* was an important Roman city that existed between the first and fifth or sixth century AD. The maximum area covered by the

city was an impressive 47 hectares - compared with the 26ha of Olissipo (Lisbon) and the 24ha of Ossónoba (Faro). Dr Luis Fraga has made an exhaustive study of the area, and has produced an informative and superbly well-illustrated book. The subject of the talk is an important part of the culture and heritage of Portugal.

For more information, e-mail administrator@amigos-museu-sbras.org or 966 329 073, or www.amigos-museu-sbras.org.

CONCERTS

Massive Attack - Lisbon & Oporto

Massive Attack are a trip hop band from Bristol. They have released four studio albums, two movie soundtracks, one remix album, and a greatest hits collection. Their musical style has been acclaimed for combining elements of jazz, hip hop, rock, and soul; lately darker, subtler forms of electronic music have been dominant influences.

September 17th at Lisbon Coliseu from 9pm. Tickets: €33.
September 18th at Oporto Coliseu from 9pm. Tickets: €25 - €35.



SOCIAL

WRVS - Social Tea

The next WRVS Social Tea will be on Tuesday 18th September at 3pm at Quinta da Fonte (British Retirement Home) in São Pedro do Estoril. Punctuality is appreciated. The film

"The Queen", with Helen Mirren, who won an Oscar for her portrayal of Her Majesty, will be shown.

During an interval, tea, sandwiches and cake will be served. Members and non-members are most welcome.

September 18th at 3pm. Entrance: €1. Call 214 688 694 for more information.

CHARITY

Cascais blood drive

For weeks Cascais health bus has been traveling Cascais in a

bid to gather as much blood as possible for their September blood drive. You can help too!

September 15th and 16th from 10am to 1pm and 3pm to 7pm at Jardim Visconde da Luz.

**The Owl Story English Bookshop**

New and pre-read books bought and sold. Book ordering service. Specialist in Nautical books.

Situated within the walls of the old town of Lagos, the perfect spot to come and have a chat and a browse.

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Rua Marreiros Neto 67 Lagos
Phone: +351 282 792 289 E-mail: theowlstory@tiscali.co.uk

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 Rua Frei Joaquim de Loulé, 25
 8100-579 Loulé

Tel.: 289 414 000 • Fax: 289 412 400

**Musical weekend at Café Ingles**

Below the stairs to Silves Castle you find Café Ingles, a café/restaurant offering a variety of home made cuisine, fresh cakes while enjoying live music by local talented musicians. Sit outside under the trees and enjoy the panoramic views or inside in a great atmosphere. This weeks musical offerings from the Café are:

Friday, September 14th from 8.30pm - Eu, Leo e Leo
Brazilian trio

Saturday, September 15th from 8.30pm - Silva da Funk
Jazz standards and funky tunes

Sunday, September 16th from 3pm - Cristina Afonso band
ballads, blues and Jazz

Reservations are strongly recommended if you are planning to dine while enjoying live music. Call Café Ingles 282 442 585 for reservations or for more information.



SPORT

Golf Marshals needed for Portugal Masters

Organisers of one of this year's biggest golfing events are currently looking for up to 60 marshals to participate in the upcoming Portugal Masters, which will take place at the Oceâncio Victoria Golf Club, Vilamoura, from October 18th - 21st, 2007.

III International fishing competition

Organized by the Big Game Club of Portugal, this fishing event is expected to attract fishermen from all over Europe.

September 21st until 23rd at Praia da Rocha.

WALKS

Lets Walk through Orange Groves

A two hour fairly easy circular walk through countryside and orange groves close to Silves. This is a wonderful introduction to the delights of inland Algarve away from tourists and large scale developments.

Terrain: surfaced road and good tracks.
Footwear: trainers or comfortable outdoor shoes.
Equipment: a bottle of water, sun hat and sense of humour.

No need to book please just come along but please be aware we do leave on time 10.30am start meet at the Cafe Casinhas. From Silves take the Messines road and after about 100m (just before Enxerim) you will see a sign for Turisimo rural and road to the right, follow this road for about 2km when it crosses over the Arade river, the cafe is just along on the right.

September 22nd & September 25th.
Tickets: €5 per person.
Walk leader: Julie Statham 282 697 298 or 965 753 033

EXHIBITIONS

Meinke Flesseman

An exhibition of paintings by Dutch artist, Meinke Flesseman, opened on 17th August at the Vale do Lobo Art Gallery.

It is a collection of canvases which employ warm, vibrant yellows, oranges and reds, contrasted with deep black and bright white, to recreate the artist's impressions of nature, the plant and animal world. Layers of colours and textures in different media lend energy to the works, which illustrate the artist's natural environment as well as touching on the relationship between people and the land, a subject which elicits a strong fas-

cination in the artist.

Meinke Flesseman studied Fine Art at the Lorenzo di Medici Academy in Florence, at the Volkov brothers' atelier in Moscow and at the Ruud Wackers Fine Arts Academy in Amsterdam. She has had several previous exhibitions in intimate galleries in her native Holland, in the UK and in Portugal.

The exhibition is organised in collaboration with the São Lourenço Cultural Centre and will be open to the public Monday to Saturday, from 10am to 7pm.

Running until October 8th at Vale de Lobo. Call 289 353 322 for more information, or e-mail: events@vdl.pt, or visit www.valedolobo.com.



Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

SHOWS

DANCE

Grand Night of Variety

A one night only show, a chance to see exotic belly dancing, ballet, witness a disrobing, hear typical Portuguese Faro and watch sand

dancers all the way from Cairo and much, much more! You won't want to miss the Grand Night of Variety held in Lagoa.

September 16th at Lagoa Auditorium. Bar opens at 7.30pm, show starts at 8.30pm. Tickets: €12 (proceeds going to Castelo de Sonhos charity). Call 282 330 242 / 968 413 688 to book your ticket.

Hamlet Light by Vvoitek Ziemilski

Vvoitek Ziemilski's 'Hamlet Light' was one of the three awarded proposals at the Young Artists project that took place in 2006, sponsored by several national organizations. The project's purpose was to recognize the situation of the young national artists allowing the three

awarded projects to be produced and presented before a live audience. After being presented in 'Espaço do Tempo', in Montemor-o-Novo, O CENTA in Vila Velha de Rodão and CAPA in Faro, Hamlet Light finally has his first première in Teatro das Figuras.

September 15th, Teatro das Figuras in Faro from 10pm. Tickets: €12.

JUST FOR FUN

A day in history

Come and discover how the residents of Alcalar lived some 5,000 years ago. The Portimão

Municipal museum has prepared a recreational area in Alcalar, with 'authentic' surroundings their experts claim Alcalar residents lived like.

September 22nd from 10am to 12pm and 2pm to 4pm at Alcalar Interpretation Centre. Call 282 412 238 / 282 470 733 for more information.

Sunshine

In the mid 21st century, the sun is dying, threatening to plunge mankind into total darkness. Without enough light to sustain plant life and replenish oxygen, or to warm the planet, the human race stands on the brink of extinction.

A team of plucky astronauts embarks on a perilous mission to save the world.

With Kaneda in charge, they head for the sun with the intention of delivering a nuclear payload, designed by Capa, into the heart of the dying star, thereby re-igniting the sun.

As the team drifts out of radio contact with Earth, bitter rivalries and underlying tensions stir in the void. British director Danny Boyle blazes a trail back to more muscular, adult fare with this suspenseful, science fiction adventure, scripted by Alex Garland. Production designer Mark Tildesley and cinematographer Alwin Kuchler create a stunning vision of the near future. Labyrinthine corridors and foreboding chambers, reminiscent of the claustrophobic interiors of the Nostromo in Ridley's Scott's seminal 1979 film *Alien*, contrast with spectacular sequences in deep space, brought to life with dazzling

special effects.

Every frame is pristine, polished to perfection, and as the team nears the sun, clever lighting bathes the entire film in retina-searing white.

Boyle's mastery of the complicated, technical elements is impressive and he sustains tension well, sucking our expectations out of the airlock with about 20 minutes to go with an abrupt injection of pace.

COMING SOON

BOX OFFICE

COMING SOON

LIVE CONCERTS

SEPTEMBER

Police – September 25th at Oeiras National stadium. Tickets: €55 to €95.

Pedro Abrunhoso & Bandemónio – September 27th at Estoril Casino from 22.30pm. Free entrance.

OCTOBER

Rod Stewart – October 7th at Estoril Casino. Further info: TBA.

Dimmu Borgir – October 9th at Lisbon Coliseu from 9pm. Tickets: €20.

Rão Kyao – October 19th at Lisbon Cultural Centre in Belém from 9pm. Tickets: €15

Mafalda Veiga & João Pedro Pais October 26th & 27th – Lisbon Coliseu from 10pm. Tickets: €17.5 - €40.

Comeback Kid, Devil in Me, All Against The World, These Hands Are Fists – October 28th at Seixal Ginásio Clube de Corroios from 6pm. Tickets: €20 - €22.

Enrique Iglesias – October 28th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €23 - €50.

Patti Smith – October 28th at Lisbon Coliseu. Tickets: €25 - €30.

NOVEMBER

Interpol – November 7th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.

Da Weasel – November 10th at Lisbon

SEPTEMBER

Powerboat F1 Championship – This is the final – and deciding – race in the Powerboat P1 World championship. Excitement and an intense sense of competition are assured with the fastest boats in the world, powered by motors that reach as much as 2,000 horsepower and can achieve speeds of 160kph, which on open sea represents the equivalent of 320kph on land! September 28th until 30th.

OCTOBER

The Great Beijing Acrobat Circus – Founded in October 1950, this acrobatic performance has traveled the world.

October 26th – 27th at Lisbon Coliseu. October 31st – November 1st Oporto Coliseum. Tickets: €10 - €30.

NOVEMBER

Bugs Bunny on Ice – 'Around the World in 80 Minutes Show' is a show based on

DECEMBER

Xutos e Pontapés – December 8th at Lisbon bullring in Campo Pequenos from 11pm. Tickets: €5.

JANUARY

Strauss Orchestra Festival – January 4th, 5th at Lisbon Coliseu from 9.30pm. Tickets: €10 - €45.

LIVE SHOWS

the bestseller by Jules Verne. See all of your favourite Looney Tunes characters such as Bugs, Daffy Duck, Tweety, Sylvester, Speedy Gonzales, Granny and the Tasmanian Devil on ice. November 1st – 11th at Lisbon's Campo Pequeno. Tickets: €15 - €40.

Sleeping Beauty Ballet – This show has been described as representing a 'Ballet Symphony'. November 22nd – 24th at Lisbon Coliseu dos Recreios. November 27th Oporto Coliseu. Tickets: €12.50 - €37.50.

DECEMBER

Noddy Live – Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am, 3.30pm and 7.30pm on December 8th. Minimum age of 3.

preview

43

Dance workshops with BBC's Strictly Come Dancing

BBC's Strictly Come Dancing stars Matt and Nicole Cutler will be at Barringtons in Vale do Lobo, offering beginners and (separately) advanced dance workshops. They will be ably assisted by Cara Watson, the Open and Closed British Champion at the height of her career, who now teaches a range of dance and fitness programmes at Barringtons.

This Portuguese version will feature actors José Pedro Gomes, António Feio, Miguel Guilherme, Bruno Nogueira and Jorge Moura. From September 18th, from Tuesday to Saturday at Lisbon Casino Oceanos Auditorium. Tickets: €18 - €20.

The event kicks off with a welcome cocktail party with Matt, Nicole and Cara followed by an optional BBQ. There are three beginners and three advanced workshops plus a 'Mixed Practice makes Perfect' workshop for all participants. Costs for all four Workshops are €185 per person. Workshops can be booked individually subject to availability.

It wouldn't be a Dance Weekend if Matt and Nicole omitted their own tantalising brand of dance, so they are performing together at a Buffet and Dance Extravaganza at Barringtons on Saturday 22nd September. Tickets are €55 per person (excluding drinks) and reservations will be confirmed with payment in advance only.



Thursday 20th to Sunday 23rd September at Barringtons. For more information and reservations call Cara on 919 339 414, Jane on 919 383 593 or Barringtons on 289 351940.

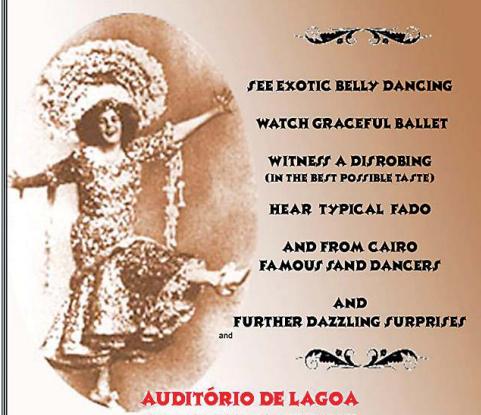
RUN

Naked run

The Naturist club of the Algarve will be doing a run at Meia Praia beach on Sunday, September 16th from 11.30am.

GRAND NIGHT OF VARIETY

ONE STUPENDOUS NIGHT ONLY



AUDITÓRIO DE LAGOA

SUNDAY 16 SEPTEMBER 2007

BAR OPENS 7.30PM COMMENCES 8.30PM

BOOK NOW TICKETS €12.00

TEL 282 330 242 / 968 413 688

GUARANTEED TO SATISFY

BENEFIT NIGHT FOR CASTELO SONHOS

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)



HAIRSPRAY



VACANCY



NEXT



The Last Mimzy



ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
13 SEP-19 SEP

- 1 **Wedding Daze**
Jason Biggs, Isla Fisher
16.35-18.45-21.00 (23.10 Fri & Sat)
- 2 **Evan Almighty**
Steve Carell, Morgan Freeman
14.25
- 3 **Surf's Up**
Animation PV
(10.15-12.20 Sat & Sun)
- 4 **Mr. Brooks**
Kevin Costner, Demi Moore
16.30-21.10 (23.50 Fri & Sat)
- 5 **Shark Bait**
Animation PV
(10.30-12.30 Sat & Sun) 14.30-19.05
- 6 **Next**
Nicolas Cage, Julianne Moore
13.05-17.25-19.45-22.00 (00.25 Fri & Sat)
- 7 **License to Wed**
Robin Williams, Mandy Moore
15.20
- 8 **A Mighty Heart**
Angelina Jolie, Dan Futterman
14.10-16.40-19.10-21.40 (00.15 Fri & Sat)
- 9 **Hairspray**
John Travolta, Queen Latifah
13.40-16.18-55-21.30 (00.05 Fri & Sat)
- 10 **Vacancy**
Kate Beckinsale, Luke Wilson
(21.20 Except Fri & Sat) (23.55 Fri & Sat)
- 11 **Ratatouille**
Animation
PV: (11.20 Sat & Sun) 13.50-18.50
OV: 16.20 (21.20 Fri & Sat)
- 12 **I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
14.05-16.45-19.15-21.50 (00.20 Fri & Sat)
- 13 **The Last Mimzy**
Chris O'Neil, Rhiannon Leigh Wryn
(11.00 Sat & Sun)
- 14 **The Contract**
John Cusack, Morgan Freeman
13.30-15.35-17.45-19.55-22.10 (00.30 Fri & Sat)
- 15 **Harry Potter and the Order of the Phoenix**
Daniel Radcliffe, Emma Watson
(10.20 Sat & Sun)
- 16 **Bug**
Ashley Judd, Michael Shannon
17.40-22.15 (00.35 Fri & Sat)
- 17 **Everyone's Hero**
Animation PV
(11.15 Sat & Sun) 13.25-15.30-20.05

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
13 SEP-19 SEP

- 1 **Ratatouille** - Animation PV
(14.00 Fri-Wed) 16.20-18.45-21.10
(23.40 Thu-Sat)
- 2 **Vacancy**
Kate Beckinsale, Luke Wilson
(14.20 Fri-Wed) 16.30-18.35-22.00
(00.30 Thu-Sat)
- 3 **Wedding Daze**
Jason Biggs, Isla Fisher
(14.10 Fri-Wed) 16.10-18.25-21.50
(00.20 Thu-Sat)
- 4 **I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
(13.30 Fri-Wed) 15.50-18.55-21.30
(00.00 Thu-Sat)
- 5 **Next**
Nicolas Cage, Julianne Moore
(13.50 Fri-Wed) 16.00-19.05-21.40
(00.10 Thu-Sat)
- 6 **Shark Bait**
Animation PV
(13.40 Fri-Wed) 15.40-17.35-19.30-
21.20 (23.50 Thu-Sat)

CASTELLO LOPES CINEMAS
ALGARVE SHOPPING
TEL: 707 220 220
13 SEP-19 SEP

- 1 **I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
13.50-16.30-19.20-21.50-00.15
- 2 **Ratatouille**
Animation PV
13.30-16.00-18.30-21.00
- 3 **Ratatouille**
Animation OV
23.30
- 4 **Mr. Brooks**
Kevin Costner, Demi Moore
13.10-15.50-18.40-21.15-23.50
- 5 **Hairspray**
John Travolta, Queen Latifah
13.40-16.20-18.50-21.30-00.10
- 6 **License to Wed**
Robin Williams, Mandy Moore
14.00-16.40-19.00-21.10-23.40
- 7 **Next**
Nicolas Cage, Julianne Moore
13.20-16.35-19.10-21.40-00.00
- 8 **Shark Bait**
Animation PV
13.00-15.00-17.00-19.15-21.25-23.45
- 9 **A Mighty Heart**
Angelina Jolie, Dan Futterman
13.45-16.10-18.35-21.35-00.05
- 10 **Captivity**
Elisha Cuthbert, Daniel Gillies
13.15-16.05-18.55-21.20-00.20

LUSOMUNDO
VILAMOURA
TEL: 289 302 277
13 SEP-19 SEP

CENTRE
LUSOMUNDO
ALMADA FORUM
TEL: 707 246362
13 SEP-19 SEP

- 1 **Hairspray**
John Travolta, Queen Latifah
- 2 **Ratatouille**
Animation OV & PV
- 3 **I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- 4 **Ratatouille** - Animation OV & PV
- 5 **Highlander: The Source**
Adrian Paul, Thekla Reuten
- 6 **Everyone's Hero**
Animation PV
- 7 **Mr. Brooks**
Kevin Costner, Demi Moore
- 8 **The Contract**
John Cusack, Morgan Freeman
- 9 **Shark Bait**
Animation PV
- 10 **Evan Almighty**
Steve Carell, Morgan Freeman
- 11 **I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- 12 **Ratatouille** - Animation OV & PV
- 13 **Highlander: The Source**
Adrian Paul, Thekla Reuten
- 14 **Everyone's Hero**
Animation PV
- 15 **Mr. Brooks**
Kevin Costner, Demi Moore
- 16 **The Last Mimzy**
Chris O'Neil, Rhiannon Leigh Wryn
- 17 **Goya's Ghosts**
Natalie Portman, Javier Bardem

LUSOMUNDO
CASCAIS SHOPPING
TEL: 707 246362
13 SEP-19 SEP

- 1 **Ratatouille**
Animation PV
- 2 **Mr. Brooks**
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- 3 **The Contract**
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Chris O'Neil, Rhiannon Leigh Wryn
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- 1 **Next**
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Angelina Jolie, Dan Futterman
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Jason Biggs, Isla Fisher
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Jane Fonda, Lindsay Lohan
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Kevin Costner, Demi Moore

OV = Original Version
PV = Portuguese Version



Prolific director Michael Winterbottom (*24-Hour Party People*) takes an unusual turn by helming *A Mighty Heart*, a studio picture starring none other than Angelina Jolie. Jolie stars as Mariane Pearl, the widow of Wall Street Journal reporter Daniel Pearl. Daniel was kidnapped and executed in Pakistan in 2002, and Winterbottom's film centres on the frantic activities leading up to his death. Fellow journalist Mariane revs into action as soon as the disappearance of her husband is announced, calling on the FBI and experts in terrorism to help in the desperate search. With the media circling around the story like hawks,

Mariane endures a very public display of grief, and her plight is perfectly captured. The film was shot mostly in Karachi and uses locations that Daniel was known to have visited, adding a heavy dose of authenticity to the proceedings. Winterbottom uses shaky, hand-held cameras, which add to the feeling of chaos as multiple organizations descend on Pakistan in the quest to find Daniel. *A Mighty Heart* is a tough, emotional viewing that will be challenging (yet rewarding) for many audiences, even those who are already familiar with this heartbreak story.



A Mighty Heart



In revenge, patience is a virtue. And after a millennium, Colin MacLeod doesn't give a damn about virtue.

After four films and two successful television series, you've never seen the Highlander like this. MacLeod returns with a vengeance in an animated feature-length epic! In the tradition of *Vampire Hunter D* and *Ninja Scroll*, anime wizard Yoshiaki Kawajiri brings his unique visual bravura to the immortal *Highlander* franchise. For the first time, the MacLeod katana blade will find itself in the hands of a Japanese master.

In the new tale, the lone warrior Colin travels with the wise-cracking ghost Amergan through the ages searching for the immortal despot Marcus Octavius, who killed his lover on the Celtic plains tens of centuries ago. On his quest, he discovers New York is submerged, and one dominant mono-

lith fortress towers over the seas. Colin can save the survivors, but his sword only hungers for the blood of one man. Despite many lifetimes of training, Colin has failed to vanquish Marcus on the great battlefields of history. Can he finish what he started and stop Marcus? Will Colin lead the people to freedom or become consumed by hate? It is his final battle with Marcus that will decide not only his fate, but also the fate of everyone in the world.

There can be only one.



The Karate kid goes underwater... Our hero, Pi, is a little fish who goes to live with his aunt on an exotic reef. Before long, he's madly in love with a pretty girl fish, but the local bully, a shark, is also in love with her. So Pi decides to learn Kung-Fu so that he can take on the shark and win the girl, even though the shark is many times bigger than him.



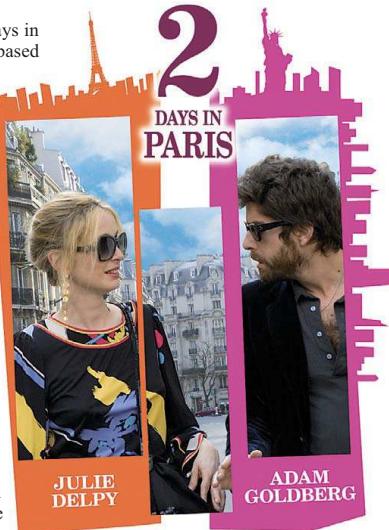
Shark Bait aka *The Reef*, features the voices of Freddie Prinze Jr., Rob Schneider, Evan Rachel Wood, Donal Logue, Andy Dick, Fran Drescher and John Rhys-Davies.



2 Days in Paris follows two days in the relationship of a New York based couple; a French photographer Marion (Julie Delpy) and American interior designer Jack (Adam Goldberg), as they attempt to re-infuse their relationship with romance by taking a vacation in Europe.

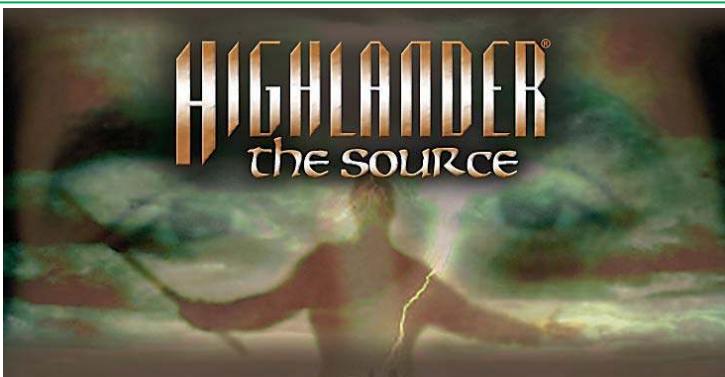
Their trip to Venice didn't really work out, they both came down with gastroenteritis. They have higher hopes for Paris. But the combination of Marion's overbearing non-English speaking parents', flirtatious ex-boyfriends', and Jack's obsession with photographing every famous Parisian tombstone and conviction that French condoms are too small, only adds fuel to the fire.

Will they be able to salvage their relationship? Will they ever have sex again? Or will they merely manage to perfect the art of arguing?



JULIE DELPY

ADAM GOLDBERG



Highlander: The Source, envisioned as the first of three new films in the popular supernatural franchise, will be directed by Brett Leonard (*Lawnmower Man*) and star Adrian Paul as the immortal Scottish swordsman Duncan MacLeod. *The Source* will tell the story of the Immortals as they quest to locate the Holy Grail of their world. The entire new series of films will chronicle the origins of the Immortals. The world is falling into chaos. As he roams a crumbling city, Duncan MacLeod (Adrian Paul), the Highlander, remembers happier times before the love of his life left... Hopeless and alone, MacLeod finds his way to a band of immortal com-



panions, including his mysterious friend Methos (Peter Wingfield), and a mortal,

Watcher Joe Dawson (Jim Byrnes).

Together, this small group sets out on a quest to find the origin of the first Immortal and The Source of their immortality.



CELEB NEWS

Jon Stewart has been named the host for the 80th Academy Awards, marking the comedian's second appearance as emcee for the awards show. Stewart, who has won numerous Emmy awards for his work on Comedy Central's *The Daily Show*, previously hosted two years ago, when the top award went to *Crash*. It was announced the previous day that Oscar veteran **Gilbert Cates** was tapped as producer of the show, his 14th go-round. In the AMPAS official release, Cates was quoted as saying, "Jon was a terrific host for the 78th Awards. He is smart, quick, funny, loves movies and is a great guy. What else could one ask for?" Stewart himself said, "I'm thrilled to be asked to host the Academy Awards for the second time because, as they say, the third time's a charm." Last year's show was hosted by **Ellen DeGeneres** and drew 39.9 million viewers, just slightly above Stewart's audience of 38.9 million in 2006. The show is set to air on Sunday, February 24th. **»»»** Academy Award-winning actress **Jennifer Hudson** will join the cast of the film version of *Sex And The City*, as Carrie Bradshaw's assistant, it has been reported. The *Dreamgirls* star is in final negotiations to join **Sarah Jessica Parker**, **Kim Cattrall**, **Kristin Davis** and **Cynthia Nixon** for the long-awaited movie version of the sassy, Emmy Award-winning HBO comedy, according to industry publication *Variety*. Filming for *Sex and the City* is due to begin next week. Fellow TV show star **Chris Noth** is slated to reprise his role as Mr. Big, though none of the other male love interests for the characters have been confirmed. **»»»** Director **Ang Lee** has triumphed at the Venice Film Festival, by winning the event's top award for the second time in two years. The filmmaker was awarded the Golden Lion for *Lust, Caution* at this year's festival in Italy; the same honour he won in 2005 for *Brokeback Mountain*. He dedicated his prize to iconic Swedish director **Ingmar Bergman**, who died in July. **Cate Blanchett** was named Best Actress at the Venice Film Festival for her role in the Bob Dylan biopic *I'm Not There*, while **Brad Pitt** was awarded the Best Actor honour for *The Assassination Of Jesse James By The Coward Robert Ford*, although neither star was at the ceremony to collect their prize. Pitt told reporters at the Toronto Film Festival, where he is promoting the outlaw movie, "I could try to play it down, but it's great fun. The nicest thing is how excited my friends are for me and to be amongst the lineage of people that have also been bestowed this honour. It's a really nice honour." Other winners included **Brian De Palma**, who was honoured for Best Direction for Iraq War drama *Redacted*. British director **Ken Loach** was awarded Best Screenplay for *It's a Free World*, while Italian director **Bernardo Bertolucci** was lauded with a special award for his work in cinema, which includes *Last Tango In Paris* and *The Last Emperor*. **»»»** **Catherine Zeta-Jones** and French actress **Marion Cotillard** have won coveted roles in Chicago director **Rob Marshall**'s new movie musical *Nine*. The European actresses were among many top stars in the running for roles in the big screen adaptation, and now Marshall has confirmed his cast for the project. Zeta-Jones and Cotillard will join **Penelope Cruz** and **Javier Bardem** in the film. Italian screen siren **Sophia Loren** will also appear in the film, which will be directed, produced and choreographed by Marshall. *Nine* revolves around fictional filmmaker **Guido Contini**, who re-examines his past romances in the midst of a nervous breakdown. The musical claimed the Tony Award for Best Revival when it returned to the Broadway stage in 2003. That production starred **Antonio Banderas**, **Chita Rivera** and **Jane Krakowski**. **»»»**

NORTH

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- 4 **License to Wed**
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Colin Firth, Ben Kingsley
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Jason Biggs, Isla Fisher
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Josh Duhamel, Melissa George
- 140 **Evan Almighty**
Steve Carell, Morgan Freeman
- 141 **Highlander: The Source**
Adrian Paul, Thekla Reuten
- 142 **Goya's Ghosts**
Natalie Portman, Javier Bardem
- 143 **Highlander: The Search for Vengeance**
Animation OV & PV
- 144 **I Now Pronounce You Chuck and Larry**
Adam Sandler, Kevin James
- 145 **Ratatouille**
Animation PV
- 146 **Wedding Daze**
Jason Biggs, Isla Fisher

OV = Original Version
PV = Portuguese Version



6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Rachel's Favourite Food for Living. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Show Jumping. The penultimate day of the European Eventing Championships. (T) 4.30 Final Score. (T)

5.30 BBC News; Regional News; Weather. (T) 5.50 A Question of Sport. New series. Sue Barker hosts the quick-fire quiz, with Matt Dawson and Shane Warne heading the teams of celebrities whose knowledge is tested in such rounds as Sporting Legends and Football Pundits. (T)

6.30 Weakest Link. Nine Elvis tribute artists compete to raise money for charity in a special edition of the quiz in which contestants answer questions as a team, eliminating the poorest players as they go. Presented by Anne Robinson. (T)

7.20 The National Lottery - Big 7. The first of a two-part extravaganza in which Dale Winton and Jenni Falconer celebrate how lottery funds have supported good causes over the past 13 years. A one-off celebrity quiz features EastEnders' Barbara Windsor and boxing champion Ricky Hatton, while presenters including Gary Lineker, Elaine Paige and Tess Daly reveal the winners of the National Lottery Awards in seven categories, each highlighting inspirational work done across the UK. With music by Enrique Iglesias and Andrea Corr. Includes the National Lottery draws. Continues after Casualty. (T)

8.05 Casualty. A new consultant's unethical behaviour raises a few eyebrows among the staff during his first day at work, while Nathan is told his premature daughter has little chance of survival. Tristan Gemmill stars. (T)

8.55 The National Lottery - Big 7. Conclusion. Dale Winton presents the second part of the event celebrating the causes lottery funds have helped over the past 13 years. With Gary Lineker, Elaine Paige and Tess Daly. (T)

9.40 The Vicar of Dibley. Geraldine is keen to find a celebrity to open the autumn fair in style - and Alice lets slip that she knows the ideal candidate. (T)

10.10 BBC News; Weather; (T) National Lottery Update.

10.30 Match of the Day. Gary Lineker presents highlights of today's Premiership clashes, including the north London derby between Tottenham Hotspur and Arsenal at White Hart Lane. (T)

11.50 Women's World Cup Highlights. (T)

12.35 FILM: American Perfekt (1997). Thriller, starring David Thewlis. (T) 2.10 Friday Night with Jonathan Ross; (R) (T) Weatherview. 3.15 BBC News 24. (T)

LOCAL

Best of the Rest

BBC3

0630 Brinca Comigo 0935 Planeta Prodígio 1035 Segredos da Natureza 1135 Mudar de Vida 1205 Edição Especial Desporto: Antevisão do Jogo Portugal V Polónia 1300 News 1410 Top + 1530 Unidade Especial 1700 Nós Somos o 12º Jogador 1910 O Preço Certo 2000 News 2115 Aquilino Ribeiro 2350 Diabolique 0145 0245 Ghost Ship, film 030 A Hora da Sorte 0445 Telesales

RTP2

0700 Euronews 1000 África 7. Dia 1030 Notícias de Portugal 1130 Palco: Rodrigo Leaos, João, Xaile 1250 Bastidores 1315 The Simpsons 1335 Entre Pratos 1400 National Geographic 1500 Sport 1900 Gente da Cidade 1930 A Princesa Mononoke 2145 A Hora da Sorte 2200 News 2240 Anything Else, film Sogni D'Oro, films 0200 Sport 0600 Euro News

SIC

0700 Sic 1045 Disney Kids 1200 Our World 1300 News 1400 Extase 1500 Sport: Futsal Sasseiros V. Sporting 1700 CSI Miami 1800 Film TBA 2000 News 2130 Paraíso Tropical 2230 Amazônia 2330 Vingança 0030 The Sweetest Thing, film 0215 Quando o Telefone Toca TV!

0700 Children TV 0900 Morangos com Açúcar 1045 O Bando dos Quatro 1215 DeLuxe 1300 News 1400 Os Escalhidos 1600 Film TBA 1800 Film 2000 News 2115 Football: Benfica V Naval 0030 Fear.com, film 0345 Dragon Heart, a New Beginning, film 0530 Telesales

BBC4

7.00 Film: Tosca PG (2001) 9.00 The Thick of It Special: The Rise of the Nutters 10.00 Film: Take My Eyes 15 (2003) 11.40 Marc Bolan: The Final Word 12.45 T Rex in Concert 1.40 The Thick of It Special: The Rise of the Nutters 2.40 Marc Bolan: The Final Word 3.40 Film: Dennis the Menace Strikes Again U (1998) 5.15 The Planet's Funniest Animals 5.35 The New Adventures of Superman 6.35 Australian Princess 7.35 Nanny 911 8.35 The Xtra Factor 9.35 Jack Osbourne - Adrenaline Junkie 10.35 Film: Liar, Liar 12 (1997) 12.10 The X Factor 1.10 The Xtra Factor 2.10 Glitterball: ITV Play 3.15 Emmerdale 6.00 Close

ITV2

2.40 Holiday Showdown 3.40 Film: Dennis the Menace Strikes Again U (1998) 5.15 The Planet's Funniest Animals 5.35 The New Adventures of Superman 6.35 Australian Princess 7.35 Nanny 911 8.35 The Xtra Factor 9.35 Jack Osbourne - Adrenaline Junkie 10.35 Film: Liar, Liar 12 (1997) 12.10 The X Factor 1.10 The Xtra Factor 2.10 Glitterball: ITV Play 3.15 Emmerdale 6.00 Close

Sky One

1.00 Bones 2.00 Bones 3.00 Bones 4.00 Lost 5.00 Lost 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 Malcolm in the



BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 Denne the Menace. (R) (T) 7.50 Watch My Chops. (R) (T) 8.00 Hider in the House. (R) (T) 9.00 TMI. (T) 10.30 The Sorcerer's Apprentice. (R) (T) 10.55 The Story of Tracy Beaker. (R) (T) 11.25 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 Animal Park. (T) 12.30 Film 2007 with Jonathan Ross. (R) (T) 1.00 Howard Hawks: American Artist. (T) 2.00 FILM: To Have and Have Not (1944). Sizzling thriller, starring Humphrey Bogart. (T) (bw) 3.40 FILM: Rio Lobo (1970). Western, with John Wayne. (T) 5.30 The Blue Planet. (R) (T) 6.30 FILM: Mosquito Squadron (1968). David McCallum stars in this chunky World War Two drama as an RAF pilot leading a special mission behind enemy lines. With Suzanne Neve and David Buck. (T) 8.00 China. The British museum's latest exhibition. (T) 9.00 Heroes Catch Up Weekend: Heroes Unmasked. Behind the scenes of the show. (R) (T) 9.15 Heroes Catch Up Weekend: Heroes. First episode of the fantasy drama, starring Hayley Atwell. (R) (T) 9.55 Heroes Catch Up Weekend: Heroes. Despite this, hopes for the expedition are raised when the rest of the fleet start pulling in the pots. (T) 9.00 FILM: Independence Day (1996). Blockbusting sci-fi adventure charting the US president's efforts to defeat an invading force of seemingly indestructible aliens. Will Smith, Bill Pullman and Jeff Goldblum star. (T) 11.40 4Music: The Album Chart Show Special: Kanye West. (R) (T) 12.15 4Music: Bestival 2007. 1.00 4Music: Isle of Wight Festival: Snow Patrol. 1.35 4Music: Dubplate Drama. (R) (T) 2.55 The Dangerous School for Boys. (R) 3.55 Unreported World. (R) (T) 4.25 Full Metal Challenge. (R) (T) 5.25 Countdown. (R) (T)

6.05 Making It. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (R) 8.55 T4: One Tree Hill. (T) 9.55 T4: TBA Sidekick: The Kaiser Chiefs. (T) 10.10 T4: Friends. (R) (T) 10.40 T4: TBA Sidekick: Kanye West. (T) 10.55 T4: Friends. (R) (T) 11.25 T4: TBA: Kaiser Chiefs. (R) (T) 12.30 T4: Friends. (R) (T) 1.00 T4: Charmed. (R) (T) 2.00 Channel 4 Racing from Doncaster, Goodwood and Chester. Including the 3.10 Ladbrokes St Leger (1m 6 1/2f). (T) 4.10 Turbo Tennis. The 30-minute-a-match tournament at the O2 Arena in London. (T) 6.50 Channel 4 News. (T) 7.15 Deal or No Deal. Noel Edmonds hosts the game show in which contestants try to guess the contents of mystery boxes. (T) 8.00 Deadliest Catch. Six lives are lost within 12 hours of the new crab season's opening. Despite this, hopes for the expedition are raised when the rest of the fleet start pulling in the pots. (T) 9.00 FILM: Independence Day (1996). Blockbusting sci-fi adventure charting the US president's efforts to defeat an invading force of seemingly indestructible aliens. Will Smith, Bill Pullman and Jeff Goldblum star. (T) 11.40 4Music: The Album Chart Show Special: Kanye West. (R) (T) 12.15 4Music: Bestival 2007. 1.00 4Music: Isle of Wight Festival: Snow Patrol. 1.35 4Music: Dubplate Drama. (R) (T) 2.55 The Dangerous School for Boys. (R) 3.55 Unreported World. (R) (T) 4.25 Full Metal Challenge. (R) (T) 5.25 Countdown. (R) (T)

Pick of the Day

Parkinson (ITV1 Granada, 10.35pm)

After more than 35 years in the hotseat, veteran broadcaster Michael Parkinson has decided to hang up his chat-show boots and take Saturday nights off. While the nation may miss the great man, at least we've got one last hurrah as this final series kicks off. Despite his long years in the business, Parky hasn't lost the ability to draw the biggest names for the show. Here he's joined by another veteran of the TV industry and giant in chat-show land - David Frost. The pair will chew the fat about the latter's long and distinguished career, and no doubt before you can say "hello, good evening and welcome," the air will be thick with anecdotes. Michael Palin is next on the bill, presumably plugging his new travelogue series, but he's also a return visitor to the series. Adding a dash of glamour will be legendary actress Diana Rigg. She's fond of a good chinwag, so it'll be tricky for Parky to get a word in edgeways when the three guests get going. Music fans aren't left out as Annie Lennox, who recently returned to the spotlight, demonstrates why she's still one of this country's brightest singing stars.

C4

6.00 Sunrise. 7.00 Milkshake! Hi-5. (R) (T) 7.40 Rupert Bear. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 Fifi and the Flowertots. (R) (T) 9.30 Franklin. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 David Beckham's Soccer USA. (R) (T) 11.30 Building the Ultimate. (R) (T) 12.00 FILM: Columbo: Etude in Black (1972). Crime drama, starring Peter Falk. (T) 2.00 FILM: Last of the Dogmen (1995). Western, starring Tom Berenger. (T) 4.10 FILM: Beverly Hills Family Robinson (1998). Adventure, starring Dyan Cannon. (T) 6.00 FILM: Final Fantasy: The Spirits Within (2001). A doctor faces a race against time to save humanity from the ravages of a horde of evil aliens. Computer-generated sci-fi fantasy, with the voices of Ming-Na of Alec Baldwin. (T) 7.45 five news and sport. (T) 8.05 NCIS. The bodies of two assassins are delivered to NCIS from overseas - so Tony and Ziva assume their identities and keep a rendezvous at a luxury hotel in a bid to discover their target. (R) (T) 9.00 CSI: Crime Scene Investigation. Guest starring Roger Daltrey. (R) (T) 10.00 Law & Order: Special Victims Unit. The detectives investigate the murder of a poster boy for a pressure group that attempts to steer gay people toward heterosexuality. George Segal guest stars. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake! Hi-5. (R) (T) 7.40 Rupert Bear. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 Fifi and the Flowertots. (R) (T) 9.30 Franklin. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 David Beckham's Soccer USA. (R) (T) 11.30 Building the Ultimate. (R) (T) 12.00 FILM: Columbo: Etude in Black (1972). Crime drama, starring Peter Falk. (T) 2.00 FILM: Last of the Dogmen (1995). Western, starring Tom Berenger. (T) 4.10 FILM: Beverly Hills Family Robinson (1998). Adventure, starring Dyan Cannon. (T) 6.00 FILM: Final Fantasy: The Spirits Within (2001). A doctor faces a race against time to save humanity from the ravages of a horde of evil aliens. Computer-generated sci-fi fantasy, with the voices of Ming-Na of Alec Baldwin. (T) 7.45 five news and sport. (T) 8.05 NCIS. The bodies of two assassins are delivered to NCIS from overseas - so Tony and Ziva assume their identities and keep a rendezvous at a luxury hotel in a bid to discover their target. (R) (T) 9.00 CSI: Crime Scene Investigation. Guest starring Roger Daltrey. (R) (T) 10.00 Law & Order: Special Victims Unit. The detectives investigate the murder of a poster boy for a pressure group that attempts to steer gay people toward heterosexuality. George Segal guest stars. (T) 11.00 Criminal Minds. (R) (T) 12.00 Quiz Call. 5.35 Wildlife SOS. (R) (T)

MOVIES

Sky Movies Drama

6.00 Killer Flood PG (2003) 7.50 A Month of Sundays PG (2001) 9.40 Emma U (1996) 11.50 Killer Flood PG (2003) With Jodie Foster. 1.40 The Weather Man 15 (2005) With Nicolas Cage. 3.45 United 93 15 (2006) With Christian Clemenson. 5.50 Emma U (1996) With Gwyneth Paltrow. 8.00 The Weather Man 15 (2005) With Nicolas Cage. 10.05 United 93 15 (2006) With Christian Clemenson. 12.05 McVicar 18 (1980) With Roger Daltrey. 2.05 The United States of Leland 15 (2002) With Don Cheadle. 4.05 Killer Flood PG (2003)

Sky Movies Action

6.20 Chain Reaction 12 (1996) 8.10 The Peacemaker 15 (1997) 10.20 Munich 15 (2005) 1.05 Rush Hour 12 (1998) With Jackie Chan. 2.55 Chain Reaction 12 (1996) With Keanu Reeves. 4.45 Action & Thriller Close Up 5.15 The Escapist 15 (2001) With Jonny Lee Miller. 6.50 The Peacemaker 15 (1997) With George Clooney. 9.00 Munich 15 (2005) With Eric Bana. 11.45 Rush Hour 12 (1998) With Jackie Chan. 1.30 Across 110th Street 18 (1972) With Anthony Quinn. 3.15 Coffy 18 (1973) 4.50 In the Line of Duty: Smoke Jumpers PG (1996)

Sky Movies Comedy

6.15 Rebound PG (2005) 7.50 Robots U (2005) 9.25 Under Wraps PG (1997) 11.10 Up 'n' Under 12 (1998) With Samantha Janus. 1.00 If Only 15 (2004) With Jennifer Love Hewitt. 2.40 Rebound PG (2005) With Martin Lawrence. 4.20 Under Wraps PG (1997) With Adam Wylie. 6.00 Bad News Bears 12 (2005) With Billy Bob Thornton. 8.00 Up 'n' Under 12 (1998) With Samantha Janus. 9.40 Superbad Special 10.00 This Year's Love 18 (1999) With Kathy Burke. 11.55 Bad News Bears 12 (2005) With Billy Bob Thornton. 1.50 Semi-Tough 15 (1977)

Sky Sports 1

6.00 Rally World 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Portsmouth v Liverpool (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Plymouth Argyle v Cardiff City (Kick-off 5.20pm); 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Football First 5.10 Champions League Weekly 5.40 U Can Do It 5.45 Sky Sports Classics

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Planet Sketch. (R) (T) 9.50 Saturday Cooks! (T) 11.20 ITV News and Weather. (T) 11.25 London Today; Weather. (T) 11.30 Live Rugby Cup 2007. New Zealand v Portugal (Kick-off 12.00pm). (T) 1.45 Live Rugby World Cup 2007. Wales v Australia (Kick-off 2.00pm). (T) 4.15 F1: Belgian Grand Prix Qualifying Highlights. (T)

5.20 London Tonight; Weather. (T) 5.35 ITV News and Sport; Weather. (T)

5.50 All-New You've Been Framed! A selection of camcorder calamities, narrated by Harry Hill, including a dog's encounter with a whoopee cushion and a cat that can stick to brick walls. (T)

6.20 The X Factor. Dermot O'Leary presents the final round of auditions, as the last lot of talented, talented and downright delusional would-be stars sing for a place at boot camp. Simon Cowell and his fellow judges head to Sheffield for the first time in the show's history, before returning to Birmingham and Glasgow. (T)

7.20 Ant & Dec's Saturday Night Takeaway. Fast-moving entertainment show, with McFly performing their new single Heart Never Lies, Daniel Radcliffe as the celebrity voiceover man and the lads going head to head on the racetrack with Max Beesley and Jonathan Wilkes in Beat the Boys. The Jiggy Bank turns up in another location somewhere around the country and there's a chance for a member of the audience to win the items advertised in one of last week's commercial breaks. (T)

8.35 Who Wants to Be a Millionaire? Celebrity. More famous faces play for charity. Broadcaster Jeremy Vine takes the hotseat alongside his comedian brother Tim. They're followed by rock legends Francis Rossi and Rick Parfitt of Status Quo fame, and Olympic star Steve Redgrave and his wife Ann. Hosted by Chris Tarrant. (T)

9.35 Hell's Kitchen. An update on the remaining celebrities' progress as they attempt to master the art of preparing culinary delights under the watchful eye of head chef Marco Pierre White - and with the final just two days away, things could be hotting up in the kitchen. Presented by Angus Deayton. (T)

10.35 Parkinson. A new series of music and chat, with broadcaster David Frost, globetrotter Michael Palin and actress Diana Rigg. Annie Lennox provides the music. (T)

11.40 ITV News and Weather; Weather. (T) 12.00 Glitterball; (T) ITV News Headlines. 4.10 Antiques Auction. (R) (T) 5.00 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 Rally World 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Portsmouth v Liverpool (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Plymouth Argyle v Cardiff City (Kick-off 5.20pm); 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Football First 5.10 Champions League Weekly 5.40 U Can Do It 5.45 Sky Sports Classics

Sky Sports 2

6.00 Jack's Perfect Golfer 6.30 Live Solheim Cup Golf. Day two from the Halmstad Golf Club in Sweden. 5.30 Live Rugby Union. London Wasps v Saracens (Kick-off 6.00pm). 8.00 Golf Night 11.00 NFL: Playboy Book 12.00 Twenty20 World Championship Cricket. 2.00 Live Big Fight Special. Juan Manuel Marquez v Rocky Juarez. 5.00 World Sport 5.30 Powerboating

Sky Sports 3

6.00 Friday Fight Night 8.00 NFL: America's Game 9.00 WWE: Smackdown 11.00 World Sport 11.30 Racing News 12.00 Rally World 12.30 Live Twenty20 World Championship Cricket. New Zealand v Sri Lanka. 4.30 Live Twenty20 World Championship Cricket. 7.00 Live Super League. A match from the final weekend of the regular season. 9.00 Live Spanish Football. A La Liga match. 11.00 Tennis 1.00 Spanish Football 3.00 Golf Night

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BBC1

6.00 Breakfast. (T) 7.40 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 'Alle' 'Alle! (R) (T) 1.25 Keeping Up Appearances. (R) (T) 1.55 EastEnders. (T) 3.50 Dancing with the Stars. (T)

5.20 Lifeline. Opera singer Thomas Allen appeals on behalf of Music in Hospitals, which aims to improve the lives of sick and disabled people by staging performances. (T)

5.30 Songs of Praise. Aled Jones meets rugby legends including Gareth Edwards. (T)

6.05 Last of the Summer Wine. Howard is embarrassed when he bumps into an acquaintance from his past, and Truly's bid to help him backfires. Peter Sallis and Frank Thornton star. (T)

6.35 BBC News; Regional News; Weather. (T)

7.00 14Up 2000. Part one of two. Update on a group of seven-year-olds who shared their ambitions in a documentary in 2000. Now, at the age of 14, the programme finds out how greater responsibility and freedom have changed their lives. South Belfast boy Jamie, who has since lost his father, looks ahead to university, while John from Slough talks about his love for designer clothes and Glasgow-based Asif discusses being a devout Muslim. (T)

8.00 Antiques Roadshow. Michael Aspel and the team visit Alnwick Castle in Northumberland, where they view a valuable plate from the time of Samuel Pepys, a crystal radio that belonged to a prisoner of war, and a sleeping cap worn by Oliver Cromwell. (T)

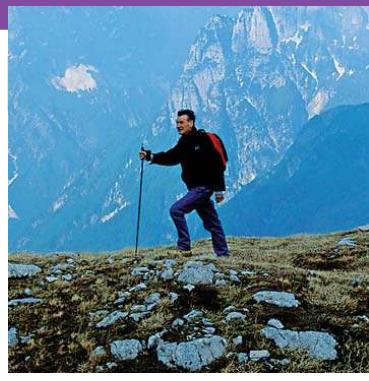
9.00 Michael Palin's New Europe. New series. The veteran traveller examines nations within the former Eastern Bloc. Beginning with Croatia, Bosnia and Serbia, he witnesses the massive economic changes that have taken place since the fall of the Iron Curtain and how their populations are coming to terms with the wars that created them. Sailing to Albania with an opera-singing captain, he finds out how the once most secretive country is becoming more open. (T)

10.00 BBC News; Weather. (T)

10.15 Medium. Michael gets a job on a telephone hotline as a psychic, and soon finds himself talking to a distressed customer whose husband was recently murdered - a case Allison is investigating. Patricia Arquette and Jake Weber star. (T)

11.00 FILM: Critters (1986). Horror comedy, starring Dee Wallace Stone; (T) Weatherview.

12.25 Sign Zone: Trawlers: Pick of the Catch. (R) (T) 1.25 Sign Zone: Holby City. (R) (T) 2.25 Sign Zone: Vet Safari. (R) (T) 2.55 BBC News 24. (T)



BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.20 Krypto the Superdog. (R) (T) 8.30 SMART. (T) 9.30 The Basil Brush Show; (R) (T) Diddy Dick & Dom. (R) (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 Cycling. (T) 2.30 Live MotoGP. The Portuguese Grand Prix. (T) 4.00 Show Jumping. The final day of the European Eventing Championships. (T) 5.20 Women's Challenge. (T) 6.00 The Restaurant. (R) (T) 7.00 Ray Mears' Wild Food. Journeying back in time to the Stone Age, Ray discovers what people ate, comparing it with the microwave meals and fast-food diets of the 21st century. (R) (T) 8.00 Crisis on Jimmy's Farm. Hard decisions are needed to save the farm. Last in series. (T) 9.00 This World: The Real Godfather. Profile of Sicilian Mafia boss Bernardo Provenzano, who evaded the authorities for decades and was finally arrested in 2006 near Corleone - the village made famous by the Godfather films. (T) 10.00 Match of the Day 2. Highlights of Manchester City v Aston Villa. (T) 10.45 Heroes Catch Up Weekend: Heroes. Claire uncovers the truth behind the missing video tape. (R) (T) 11.30 Heroes Catch Up Weekend: Heroes. (R) (T) 12.15 Heroes Catch Up Weekend: Heroes. (R) (T) 1.00 Family Guy. (R) (T) 1.20 Family Guy. (R) (T) 1.45 FILM: The Stringer (1997). Premiere. Drama, starring Sergei Bodrov Jnr. (T) 3.15 Close.

Pick of the Day

Michael Palin's New Europe (BBC1, 9pm)

The lovable Monty Python star has visited some weird and wonderful places during his globe-trotting travels, but so far has largely avoided the continent he calls home. However, since Michael Palin began his epic journeys in 1989 with Around the World in 80 Days, Europe has changed somewhat. With this in mind, he decided to explore some of the countries that, for many years, were hidden behind the Iron Curtain, and are now hoping to become part of the ever-expanding 'new' Europe. From Albania in the south to Estonia in the north, Palin will unearth the most intriguing sights and sounds from 20 formerly off-the-beaten-track locations. The first programme sees him investigating the Dalmatian coast, particularly the ancient port of Split in Croatia. A trip to the paradise-like island of Hvar follows before Bosnia beckons. Palin follows mine-clearance workers going about their daily business in Sarajevo, and gets a new perspective on the wars that followed the break-up of Yugoslavia while in Belgrade. Finally, he stops off in Tirana, Albania, where the mayor reveals his unique plan to shake off the city's communist past.

6.35 BBC News; Regional News; Weather. (T)

7.00 14Up 2000. Part one of two. Update on a group of seven-year-olds who shared their ambitions in a documentary in 2000. Now, at the age of 14, the programme finds out how greater responsibility and freedom have changed their lives. South Belfast boy Jamie, who has since lost his father, looks ahead to university, while John from Slough talks about his love for designer clothes and Glasgow-based Asif discusses being a devout Muslim. (T)

8.00 Antiques Roadshow. Michael Aspel and the team visit Alnwick Castle in Northumberland, where they view a valuable plate from the time of Samuel Pepys, a crystal radio that belonged to a prisoner of war, and a sleeping cap worn by Oliver Cromwell. (T)

9.00 Michael Palin's New Europe. New series. The veteran traveller examines nations within the former Eastern Bloc. Beginning with Croatia, Bosnia and Serbia, he witnesses the massive economic changes that have taken place since the fall of the Iron Curtain and how their populations are coming to terms with the wars that created them. Sailing to Albania with an opera-singing captain, he finds out how the once most secretive country is becoming more open. (T)

10.00 BBC News; Weather. (T)

10.15 Medium. Michael gets a job on a telephone hotline as a psychic, and soon finds himself talking to a distressed customer whose husband was recently murdered - a case Allison is investigating. Patricia Arquette and Jake Weber star. (T)

11.00 FILM: Critters (1986). Horror comedy, starring Dee Wallace Stone; (T) Weatherview.

12.25 Sign Zone: Trawlers: Pick of the Catch. (R) (T) 1.25 Sign Zone: Holby City. (R) (T) 2.25 Sign Zone: Vet Safari. (R) (T) 2.55 BBC News 24. (T)

LOCAL

Best of the Rest

BBC3

7.00 Pranks Galore! 7.20 FILM: Meet the Parents 12 (2000) 9.00 Drop Dead Gorgeous 10.00 Lewis Hamilton: Billion Dollar Man 11.00 The Most Annoying TV - We Hate to Love 1.30 Drop Dead Gorgeous 2.30 Lewis Hamilton: Billion Dollar Man 3.30 My Penis and Everyone Else's 4.30 Close

BBC4

7.00 Wainwright Walks 7.30 Wainwright Walks 8.00 Comics Britannia 9.00 Jonathan Ross in Search of Steve Ditko 10.00 FILM: My Name Is Modesty: A Modestly Blaise Adventure (2003) 11.15 Tight Spot: Freezing 11.50 Comics Britannia 12.50 Jonathan Ross in Search of Steve Ditko 1.50 Wainwright Walks 2.20 Wainwright Walks 2.50 Comics Britannia 3.50 Tight Spot: Freezing 4.25 Close

ITV2

3.30 FILM: Liar. Liar 12 (1997) 7.00 Coronation Street 7.00 The X Factor 8.00 The Xtra Factor 9.00 Jack Osbourne - Adrenaline Junkie 10.00 FILM: Shaun of the Dead 15 (2004)

12.00 Coronation Street 1.00 Jack Osbourne - Adrenaline Junkie 2.00 The X Factor 3.00 The Xtra Factor 4.00 Teleshopping 6.00 Close

Sky One

1.00 Relic Hunter 2.00 Project Runway 3.00 A Town Called Eureka 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 The Simpsons 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Premier League All Stars: Road to Glory 9.00 Michael Owen: A Year in the Life Of 10.00 Ross Kemp on Gangs 11.00 Lovespring International 11.30 Weeds 12.05 Weeds 12.40 Football Years 1.40 Pop Years 2.35 Buffy the Vampire Slayer 3.30 Crash

Test Dummies 4.20 Vroom Vroom

5.10 Taste

UKTV Gold

1.40 Only Fools and Horses 2.20 Only Fools and Horses 3.00 Only

Fools and Horses 4.20 Only Fools and Horses 5.00 The Blue Planet 6.00

Coast 7.00 Only Fools and Horses 7.40 Only Fools and Horses 8.20

Only Fools and Horses 9.00 Daltiel & Pascoe 11.00 Only Fools and Horses 11.40 Only Fools and Horses 12.20 One Foot in the Grave 1.00 The Royle Family 1.35 Two Pints of Lager and a Packet of Crisps 2.10 Baywatch 2.55 Fantasy Island 3.45 Dallas 4.35 Dallas 5.25 Close Up 5.30

Neighbours

TCM

1.00 Our Man in Havana PG (1960)

3.00 Ocean's 11 PG (1960) 5.15

The Swan U (1956) 7.05 Guns for San Sebastian PG (1980) 9.00

The Getaway 18 (1972) 11.00 Hit

Man 15 (1972) 12.40 The Haunting

15 (1963) 2.45 Teleshopping 3.05

The Swan U (1956)

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Stuck in the Suburbs PG (2004) Family comedy, starring Danielle Panabaker.

(R)-repeat programme;

(T)-programme with title-

text subtitles;

(S)-programme broad-

cast in stereo;

(bw)-black and white.

C4

6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.35 Triathlon. The Elite Series race from south Wales. 8.00 The UK School Games. 9.00 T4: The OC. The kids plan a trip to Mexico. (R) (T) 10.00 T4: Hollyoaks. (T) 12.35 T4: Friends. Phoebe meets her biological father. (R) (T) 1.10 T4: 4Music Presents: James Blunt. (T) 1.40 T4: Friends. Chandler and Monica's relationship becomes public. (R) (T) 2.15 T4: Smallville. (T) 3.15 T4: Smallville. A vigilante stalks the streets of Metropolis. (T) 4.15 T4: The Simpsons. (R) (T) 4.40 T4: The Simpsons. (R) (T) 5.10 Grand Designs. (R) (T) 6.15 Channel 4 News. (T) 6.30 FILM: The Lord of the Rings: The Return of the King (2003). As Frodo and Sam struggle to reach Mount Doom, their friends face the might of Sauron's forces. Conclusion of Peter Jackson's fantasy trilogy, starring Viggo Mortensen. (T) 10.05 FILM: Riding Giants (2004). Premiere. Stacy Peralta's documentary exploring the world of surfing, including contributions from masters of the sport Jeff Clark and Laird Hamilton. (T) 12.05 4Music: Video Exclusive: Bob Dylan Remixed by Mark Ronson. 12.10 4Music: Bestival 2007. 1.00 FILM: Parineeta (2005). Premiere. Romantic drama, starring Saif Ali Khan and Vidya Balan. 3.20 4Music: Video Exclusive: Bob Dylan Remixed by Mark Ronson. (R) 3.30 Lie Lab. (R) 4.30 Smallville. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 When I Grow Up. (R) (T) 6.30 Oswald. (R) (T) 6.40 Big School. (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.05 Hi-5. (R) (T) 7.40 Rupert Bear. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 9.00 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 Finn and the Flowerots. (R) (T) 9.30 Franklin. (R) (T) 10.00 How to Be a Property Developer. (R) (T) 11.00 House Doctor: Designs for Living. (R) (T) 12.05 Great Artists. (R) (T) 12.40 Galapagos Dinosaur: Great Ocean Adventure. (R) (T) 1.30 Football Italiano. A match from the third weekend of the Serie A season. 4.20 FILM: Dragonheart: A New Beginning (2000). Children's fantasy sequel, with the voice of Robby Benson. (T) 6.05 FILM: The Age of Innocence (1993). Martin Scorsese's subtle romantic drama about a love triangle between wealthy socialites in 19th-century New York. Daniel Day-Lewis, Michelle Pfeiffer and Winona Ryder star. Includes five news update at 7.20. (T) 8.40 five news and sport. (T) 9.00 FILM: Erin Brockovich (2000). A single mother pleads her way into a job at a law firm - and ends up battling a large company suspected of poisoning folk in a small town. Fact-based drama, with Julia Roberts. (T) 11.35 Sex, Films for Girls. (R) (T) 12.35 X-Games XIII. 1.05 Major League Baseball. Live coverage of another top game. (T) 4.20 Kickboxing: Now Is the Time - Night of Combat. 5.10 Major League Soccer.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 10.20 CITV: Pocoyo. (T) 10.30 Jim Jam & Sunny. (T) 10.50 The Championship. (T) 11.50 ITV News and Weather. (T) 11.55 London Today: Weather. (T) 12.00 F1: Belgian Grand Prix Live. The 14th round of the season at Spa-Francorchamps. (T) 3.05 FILM: Beverly Hills Cop (1984). Comedy thriller, starring Eddie Murphy. (T)

5.00 Guarding the Queen. The Grenadiers practise Trooping the Colour, alongside their rivals the Coldstream Guards, while out in Afghanistan, the regiment's fighting soldiers face the Taliban. Last in series. (R) (T)

6.00 The Unforgettable Leonard Rossiter. Profile of the much-missed actor. (R) (T)

6.25 London Tonight: Weather. (T)

6.40 ITV News and Weather. (T)

7.00 Coronation Street. Hour-long episode. Roy can't bear to play along with Hayley's lies and makes Christian feel unwelcome at the cafe. Sean celebrates his birthday with Marcus and Tyrone sets a trap for Paul. (T)

8.00 The Royal. Mr Middleditch makes a surprise return to the hospital in the back of an ambulance, while Stella grudgingly welcomes new nurse, Maran McEagles as her room-mate. Ted Robbins guests. (T)

9.00 Hell's Kitchen. Angus Deayton presents an update from the restaurant ahead of tomorrow's final, as the remaining celebrities attempt to master the culinary arts under the watchful eye of Marco Pierre White. (T)

10.00 Holly & Fearne Go Dating. Holly Willoughby heads for Hull to seek a suitable date for an ex-model from the city, while Fearne Cotton trawls the streets of Leeds to find the perfect love match. Last in series. (T)

10.30 ITV News and Weather. (T)

10.45 F1: Belgian Grand Prix Highlights. Steve Rider introduces action from the 14th round of the season at Spa-Francorchamps, a newly renovated track that returns to the calendar after missing out last year. Kimi Raikkonen made the most of his front row grid position to claim maximum points here in 2005, finishing ahead of Fernando Alonso in second and Jenson Button in third, and the Ferrari driver will need another win here to close the gap on championship leader Lewis Hamilton. Commentary by James Allen and Martin Brundle. (T)

11.45 Vicars' Wives. Debbie bids farewell to Shirley. Last in series. (T)

12.20 Essentials of Faith. (R) (T) 12.45 Motorsport UK. (T) 1.15 FILM: The Prophecy II (1998). Supernatural horror sequel, starring Christopher Walken; (T) ITV News Headlines. 2.35 The Jeremy Kyle Show. (R) (T) 3.30 ITV Nightscreen.

LOCAL

MOVIES

Sky Movies Drama

6.00 Diggity's Treasure PG (2001) 7.45 Unstrung Heroes PG (1995) 9.35 Evita PG (1996) 12.05 The Family Stone PG (2005) With Claire Danes. 2.05 Daydream Believers: The Monkees Story 15 (2000) With LB Fisher. 3.50 World's Fastest Indian Special 4.10 On a Clear Day 12 (2005) With Peter Mullan. 6.00 The Family Stone PG (2005) With Claire Danes. 8.00 Daydream Believers: The Monkees Story 15 (2000) With LB Fisher. 9.45 Evita PG (1996) With Madonna. 12.00 On a Clear Day 12 (2005) With Peter Mullan. 1.45 Gypsy Woman 1 (2001) With Jack Davenport. 3.15 The Offence 15 (1973) 5.10 Unstrung Heroes PG (1995) With Goldie Hawn. 4.05 An Alan Smithee Film: Burn, Burn, Burn! 11.50 The Birdcage 15 (1998) With Robin Williams. 1.55 Nine Months 12 (1995) With Hugh Grant. 3.45 An Alan Smithee Film: Burn, Burn, Burn! 12 (1997) 5.15 Project: ALF PG (1996)

Sky Movies Action

6.25 DOA PG (1950) 8.05 Conan the Barbarian 15 (1981) 10.25 Inside Man 15 (2006) 12.45 Silverado PG (1985) With Kevin Kline. 3.05 Aeon Flux 15 (2005) With Charlize Theron. 4.40 Conan the Barbarian 15 (1981) With Arnold Schwarzenegger. 6.50 Inside Man 15 (2006) With Denzel Washington. 9.00 Silverado PG (1985) With Kevin Kline. 11.15 Aeon Flux 15 (2005) With Charlize Theron. 4.40 Inferno 18 (1999) With Jean-Claude Van Damme. 2.35 City of Industry 18 (1997) With Harvey Keitel. 4.15 Point Last Seen PG (1998)

Sky Movies Comedy

7.00 Project: ALF PG (1996) 8.40 Kicking and Screaming PG (2005) 10.20 The Birdcage 15 (1998) 12.25 Nine Months 12 (1995) With Hugh Grant. 2.15 The First Wives Club PG (1996) With Goldie Hawn. 4.05 An Alan Smithee Film: Burn, Burn, Burn! 18 (1997) With Harvey Keitel. 4.15 Point Last Seen PG (1998)

SPORT

Sky Sports 1

6.00 U Can Do It 6.05 You're on Sky Sports! 7.00 Football First 8.30 Football First 10.00 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football League. Watford v Southampton

Super Sunday. Manchester City v Aston Villa (Kick-off 1.30pm). 3.30 Live Super Sunday. Manchester City v Aston Villa (Kick-off 4.00pm).

6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 WWE: Late Night - Afterburn 1.00 Live WWE Wrestling: Unforgiven. From the FedEx Forum in Memphis, Tennessee. 4.00 Close

Sky Sports 2

6.00 FIA GT Championship 7.00 Jack's Perfect Golfer 7.30 Live Solheim Cup Golf. The final day from the Halmstad Golf Club in Sweden. 2.30 Live European Tour Golf. The Mercedes-Benz Championship. 4.30 WWE: Experience 5.30 NFL: Who Is? 6.00 Live NFL. Tennessee Titans v Indianapolis Colts (Kick-off 6.00pm). 9.00 Live NFL. Chicago Bears v Kansas City Chiefs (Kick-off 9.15pm). 12.30 Live NFL. New England Patriots v San Diego Chargers (Kick-off 1.15am). 4.30 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Spanish Football 8.30 Live Twenty20 World Championship Cricket. The opening Super Eight match in Johannesburg. 12.30 Live Twenty20 World Championship Cricket. The second Super Eight match from

7.00 WWE: Heat 10.00 Rugby Union 11.30 NFL: Total Access 12.30 Live Cricket. Coverage of a Pro40 encounter. 6.30 World Sport 7.00 Jack's Perfect Golfer 7.30 Golf Night 10.30 Jack's Perfect Golfer 11.00 Tennis 1.00 Golf Night 4.00 Jack's Perfect Golfer 4.30 Close

Sky Sports Xtra

6.00 NFL Playbook 7.00 NFL: Total Access 8.00 WWE: Afterburn 9.00 WWE: Heat 10.00 Rugby Union 11.30 NFL: Total Access 12.30 Live Cricket. Coverage of a Pro40 encounter. 6.30 World Sport 7.00 Jack's Perfect Golfer 7.30 Golf Night 10.30 Jack's Perfect Golfer 11.00 Tennis 1.00 Golf Night 4.00 Jack's Perfect Golfer 4.30 Close

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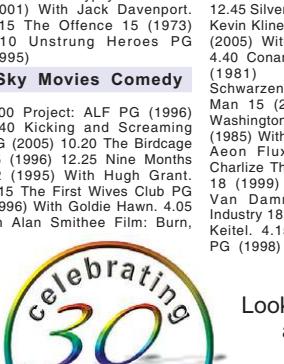
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Look out for our anniversary issue in November

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Hard Sell; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC; LazyTown. (R) (T) 3.50 Bear Behaving Badly. (T) 4.10 Shaun the Sheep. (T) 4.25 Thumb Wrestling Federation: TWF. (T) 4.35 Lizzie McGuire. (R) (T) 5.00 Escape from Scorpion Island. (T) 5.25 Newsround. (T)

5.35 Neighbours. Elle and Oliver struggle to resist temptation. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 Street Doctor. The GPs travel to Manchester, where they meet a man with a lump on his foot, a woman with a badly injured finger and a father with a medical mystery. (T)

8.00 EastEnders. A shocking delivery arrives at the Beales' increasing lar's paranoia. Kevin finds out Deano is planning to run away and realises he must protect him from Sean's violence. Phil assures Peggy he's given up drinking and asks to move back in to the Vic. Billy makes an unsettling discovery about Jade. (T)

8.30 Panorama. Police officers reveal that while there may be more bobbies on the beat than ever, they find it difficult to do their jobs because of pressure to meet government targets. Jeremy Vine reports. (T)

9.00 Silent Witness. Part one of a. A horrific car crash poses troubling questions for Nikki when she discovers one of the victims was the recently released Anna Holland, an accomplice to murder she helped escape a life sentence four years earlier. As the investigation progresses, Nikki re-interviews key witnesses from the original case and begins to doubt her earlier conclusions. Emilia Fox stars. Concludes tomorrow. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Movie Connections. Director Alan Parker and screenplay co-writer Roddy Doyle are joined by The Commitments cast members, including Andrew Strong, Glen Hansard, Lynda Myles and Bronagh Gallagher. They discuss the making of the 1991 movie, based on Doyle's original novel, that blended comedy and soul music to create an international hit. (T)

11.15 Inside Sport. Weekly round-up, presented by Gabby Logan, featuring interviews, features and reaction to all the latest headlines. Steve Bunce and Tony Livesey give their opinions on the latest news. (T)

11.55 FILM: Breath of Trust (1999). Emotional drama, starring Roma Downey. (T) Weatherview.

1.30 Sign Zone: Ultimate Caving. (R) (T) 2.30 Sign Zone: Real Men. (R) (T) 3.00 Sign Zone: James May's 20th Century. (R) (T) 3.30 Sign Zone: This World. (R) (T) 4.20 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beesies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Escape from Scorpion Island. (T) 8.00 Prank Patrol. (R) (T) 8.30 CBeebies: Mama Mirabelle's Home Movies. (R) (T) 8.45 Come Outside. (R) (T) 9.00 64 Zoo Lane. (R) (T) 9.15 Boo! (T) Ethelbert the Tiger. (R) (T) 9.30 The Koala Brothers. (R) (T) 9.45 Nina and the Neurons. (R) (T) 10.00 Jackanory Junior. (R) (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Around Scotland. (T) 10.50 BBC Primary History. (T) 11.10 BBC Primary Geography. (T) 11.30 Binri Special Needs. (T) 11.50 The Daily Politics Conference Special. (T) 12.50 Live Women's World Cup Football. Argentina v England (Kick-off 1.00pm). (T) 3.15 Open Gardens. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Identity. (T) 6.00 Eggheads. (T) 6.30 Take on the Takeaway. (T) 7.00 James May's 20th Century. The limits of the human body. (R) 7.30 Mastermind. Specialist subjects include the life and work of William Thomson. (T) 8.00 University Challenge. University of Exeter v Jesus College, Cambridge. (T) 8.30 Nigella Express. The chef prepares masala honey pears with Gorgonzola. (T) 9.00 Grandad's Back in Business. An ex-Navy cook and a recent college graduate compete. (T) 10.00 Kath & Kim. Brett and Epponne head to the Gold Coast. (T) 10.30 Newsnight; Weather. (T) 11.20 Today at the Conference. (T) 11.50 Women's World Cup Football. (T) 12.35 Family Guy. (R) (T) 1.20 BBC News 24. 2.00 BBC Learning Zone. (T)

Pick of the Day

Nigella Express (BBC2, 8.30pm)

She's the chef who can confidently claim to be as delicious as the meals she cooks up, and in this new series she shows that the kitchen can offer more fun than anywhere else in the house. Nigella Lawson conjures up dazzling Italian food in a flash - from sensational pasta to an entire, effortless feast - as her series continues. She cooks, she shops, she entertains and shares fabulous fast-cooking tips. She explains that the childhood trips to the Italian gardens in London's Hyde Park with her granny were always followed by a steaming bowl of chicken cacciatore. And it's an action replay for Nigella's kids - the big difference is the express version of the Italian classic. It's the work of minutes, not hours. Nigella also makes 'pasta pronto', linguine with a sensational raw sauce of lemon, garlic and thyme mushrooms. Dinner with a friend is so fast that Nigella even fits in some late-night shopping. She makes Calabrian lamb cutlets in a spicy marinade followed by clouds of softly whipped Amaretto syllabub. Then comes a fabulous, no-stress, no-effort anti pasti feast in the Italian style, in which only one dish, masala honey pears with Gorgonzola, is home made.

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Parents & Teens: Welcome to My World; (T) Before and After. (R) (T) 10.00 Don't Make Me Angry. (R) (T) Before and After. (R) (T) 10.30 How to Dump Your Mates; (R) (T) Before and After. (R) (T) 11.00 Make Me a Grown Up; (R) (T) Before and After. (R) (T) 11.30 Take Away My Takeaway; (R) (T) Burning Questions. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.30 A Brief History of Fun. 1.50 FILM: Arizona Raiders (1965). Western, with Audie Murphy. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Season. New series. A sideways look at summer events. (T) 8.00 Dispatches: Unholy War. Antony Barnett investigates the violence facing Muslims who convert to Christianity, revealing how certain Islamic texts encourage punishment for those who leave the faith. (T) 9.00 Hindenburg. Drama-documentary, revealing the story of the ill-fated giant airship, told from the perspectives of its creator Hugo Eckener and of the passengers on the zeppelin. (T) 11.05 FILM: One Night at McCool's (2000). Black comedy, starring Antonio Sabato Jr. (T) 5.30 five news update. (T) 8.00 Fifth Gear. Jonny Smith pits small cars against some of Britain's biggest hills; (T) 8.00 five news at 9. 9.00 Extraordinary People: The Real Sleeping Beauty. A woman who awoke from a 20-year coma. (T) 10.00 MacIntyre's Underworld. Teenage gang members. (T) 11.05 FILM: Mad Max (1979). Action adventure, starring Mel Gibson. (T) 12.55 Nascar Nextel Cup. 1.35 NFL Live. 4.50 Boxing USA. 5.10 French Football.

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.20 Oswald. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 The Beeps. (T) 7.35 Roar the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.55 Little Lodgers. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.25 Russell Grant's Postcards. (R) (T) 1.35 FILM: What the Deaf Man Heard (1997). Drama, with Matthew Modine. (T) 3.55 five news update. (T) 3.40 FILM: Fatal Error (1999). Thriller, starring Antonio Sabato Jr. (T) 5.30 five news update. (T) 6.00 Home and Away. (T) 6.30 RSPCA: Have You Got What It Takes? (T) 7.00 five news. (T) 7.30 Inferno 999. Philips Park White Watch are called out to an arson attack on a derelict building, while Broughton Green Watch deal with an old school at risk of a flash-fire explosion; (T) 7.30 five news update. (T) 8.00 Fifth Gear. Jonny Smith pits small cars against some of Britain's biggest hills; (T) 8.00 five news at 9. 9.00 Extraordinary People: The Real Sleeping Beauty. A woman who awoke from a 20-year coma. (T) 10.00 MacIntyre's Underworld. Teenage gang members. (T) 11.05 FILM: Mad Max (1979). Action adventure, starring Mel Gibson. (T) 12.55 Nascar Nextel Cup. 1.35 NFL Live. 4.50 Boxing USA. 5.10 French Football.

LOCAL

Best of the Rest

BBC3

7.00 Doctor Who. 7.45 Doctor Who Confidential. 8.00 The Scam. 9.00 Film: Contact PG (1997) 11.45 Ross Kemp on Gangs 12.45 Star Trek: The Next Generation 1.45 Star Trek: The Next Generation 2.40 Sex on the Beach 3.30 Sex on the Beach 4.20 Angel 5.10 Dream Team UKTV Gold

1.00 Last of the Summer Wine 1.40 dinnerladies 2.20 Some Mothers Do 'Av Em 3.00 Only Fools and Horses 3.40 Only Fools and Horses 4.20 My Family Reloaded: Special 5.00 Dallas 6.00 Murder, She Wrote 7.00 Only Fools and Horses 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 The New Adventures of Old Christine 9.30 The New Adventures of Old Christine 10.00 Only Fools and Horses 10.40 Prison Break 11.40 Prison Break 12.40 The New Adventures of Old Christine 1.10 The New Adventures of Old Christine 1.40 Comedy Connections 2.15 The Lenny Henry Show 2.45 dinnerladies 3.15 Some Mothers Do 'Av Em 3.50 My Family Reloaded: Special 4.20 Dallas 5.10 Neighbours 5.35 Neighbours TCM

1.00 Young Bess U (1953) 3.00 Woman of the Year PG (1942) 4.05 Two Weeks in Another Town PG (1962) 7.00 Cat on a Hot Tin Roof PG (1958) 9.00 The Bridges of Madison County 12 (1995) 11.30 Lolita 15 (1962) 2.30 Teleshopping 2.50 Bhownani Junction PG (1956) The Disney Channel Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.45 His and Her Christmas PG (2005) 8.15 Drama Close Up 8.45 Ice Bound PG (2003) 10.20 World's Fastest Indian Special 10.35 Anna's Dream PG (2002) 12.05 Coach Carter 12 (2005) With Samuel L. Jackson, 2.25 Proof 12 (2005) With Gwyneth Paltrow, 4.10 Kundun 12 (1997) With Tenzin Thutob Tsarong, 6.25 Ice Bound PG (2003) With Susan Sarandon, 8.00 Proof 12 (2005) With Gwyneth Paltrow, 10.00 Coach Carter 12 (2005) With Samuel L. Jackson, 12.20 Kundun 12 (1997) With Tenzin Thutob Tsarong, 2.35 Obsessed 12 (2002) With Jenna Elfman, 4.15 Anna's Dream PG (2002)

Sky Movies Comedy

6.50 Kiss Me, Stupid PG (1964) 9.00 Princess Caraboo PG (1994) 10.55 Best Man in Grass Creek PG (2001) 12.35 Straight Talk PG (1992) With Dolly Parton, 2.30 Kiss Me, Stupid PG (1964) With Dean Martin, 4.40 Princess Caraboo PG (1994) With Phoebe Cates, 6.30 Best Man in Grass Creek PG (2001) With John Hines, 8.00 Scary Movie 4 15 (2006) With Anna Faris, 9.30 Pleasantville 12 (1998) With Tobey Maguire, 11.45 Life 15 (1999) With Eddie Murphy, 1.40 The Producers 12 (2005) With Matthew Broderick, 3.55 Straight Talk PG (1992) 5.30 Best Man in Grass Creek PG (2001)

Sky Movies Action

6.00 Volcano: Fire on the Mountain PG (1997) 7.45 Pacific Heights 15 (1990) 9.40 Cotton Comes to Harlem 15 (1970) 11.30 Paparazzi 15 (2005) With Cole Hauser, 1.10 Pacific Heights 15 (1990) With Michael Keaton, 3.05 Cotton Comes to Harlem 15 (1970) With Godfrey Cambridge, 4.50 X-Men: The Last Stand 12 (2006) With Hugh Jackman, 6.50 Paparazzi 15 (2005) With Cole Hauser, 8.30 Action & Thriller Close Up 9.00 X-Men: The Last Stand 12 (2006) With Hugh Jackman, 10.45 Batman Begins 12 (2005) With Christian Bale, 1.05 Foxy Brown 18 (1974) With Pam Grier, 2.40 Turbulence 2: Fear of Flying 15 (1999) With Tom Berenger, 4.30 Volcano: Fire on the Mountain PG (1997)

Sky Sports 1

6.00 WWE: Afterburn 7.00 WWE: Bottom Line 8.00 Football Special 9.30 Super Sunday: The Last Word 10.00 Spanish Football 12.00 Champions League Weekly 12.30 Football Special 2.00 Super Sunday: The Last Word 2.30 Spanish Football 4.30 Live Twenty20 World Championship Cricket. The Super Eight encounter at the Wanderers Stadium, 8.30 Big League Weekend 10.00 Soccer AM: The Best Bits 11.00 Champions League Weekly 11.30 Twenty20 World Championship Cricket 1.30 Live NFL: Philadelphia Eagles v Washington Redskins (Kick-off 1.30am). 5.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 On the Edge 7.00 Aerobics Oz Style 7.30 On the Edge 8.00 Jack's Perfect Golfer 8.30 Golf Night 11.30 Big Fight Special 1.30 Golf Night 4.30 Champions League Weekly 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Live Speedway. A meeting from the play-off semi-finals, 10.00 Big Fight Special 12.00 Speedway 2.30 Close

Sky Sports 3

8.00 Sportnation 9.00 Tennis 11.00 Aerobics Oz Style 11.30 Racing News

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (T) 2.59 London Weather. (T) 3.00 The Alan Titchmarsh Show. (T) 4.00 Midsomer Murders. (T)

5.00 Britain's Best Dish. New series. Ed Baines, Jilly Goolden and John Burton Race judge this talent show for amateur chefs each trying to prove theirs is the tastiest original recipe in Britain. (T) London Tonight; Weather. (T)

6.00 ITV Evening News; Weather. (T) 7.00 Emmerdale. Lexi confronts Debbie over the necklace, and the pair come to blows - a brawl that spills out into the street. Realising her sister was involved in the theft, Carrie vows to wash her hands of her. Zak decides to fight to keep Belle in school, while Victoria is upset when Jack promises to help her with her school project - only to spend the time with Daz instead. (T)

7.30 Coronation Street. Bethany swallows one of the hidden Ecstasy tablets and starts convulsing when David leaves her unattended. Tyrone reluctantly apologises to Paul, and a lonely Violet seeks solace in the pub. Hayley vents her frustrations on the factory girls as the situation with Christian drives her to breaking point. (T)

8.00 Natasha Hogan - My Greek Tragedy. (T)

8.30 Coronation Street. David is forced to confess that Bethany swallowed an Ecstasy tablet as the hospital staff fight to save her life. Tyrone grows frustrated that he can't get to the bottom of Paul's ruse, while Jamie tells Violet his seemingly sober mother is getting married next week, and invites her to the wedding. (T)

9.00 Hell's Kitchen Final. The two remaining chefs go head to head in the live final, discovering which of them the public feel is most deserving of being crowned the winner. The group's mentor Marco Pierre White and diners who have eaten at the restaurant also give their opinions on which of the competitors should emerge victorious. Angus Deayton presents. (T)

10.30 ITV News; Weather. (T)

11.05 FILM: Prizzi's Honor (1985). Black comedy drama, starring Jack Nicholson. (T)

1.25 Champions League Weekly. (T) 1.50 Make Your Play; (T) ITV News Headlines. 4.10 Vanessa's Real Lives. (R) (T) 5.00 ITV Nightscreen.

SPORT

British Eurosport

7.30 Motorsports Weekend 8.00 MotoGP 9.00 GP2 Racing 10.00 Cycling: Vuelta Espana 11.00 Live Weightlifting. The 2007 World Championships, 1.00 Live Women's International Football. England v Argentina (Kick-off 1.00pm). 3.00 Women's International Football 4.30 Inside Euro 2008 5.00 Eurogoals 5.45 WATTS 6.15 Women's International Football 7.15 Women's International Football 8.00 Aerobics Oz Style 9.00 Aerobics Oz Style 10.00 Aerobics Oz Style 7.30 On the Edge 8.00 Jack's Perfect Golfer 8.30 Golf Night 11.30 Big Fight Special 1.30 Golf Night 4.30 Champions League Weekly 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Live Speedway. A meeting from the play-off semi-finals, 10.00 Big Fight Special 12.00 Speedway 2.30 Close

Sky Sports Xtra

10.00 Max Power 11.00 Sportnation 12.00 NFL: Triple Header 3.00 Motor Racing 4.30 Show Jumping 5.30 International Basketball 7.30 NFL: Triple Header 10.30 World Motor Sport 1.00 International Basketball 3.00 Motor Racing 4.30 Close



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6.00 Breakfast. (T) 9.15 Animal 24.7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Hard Sell; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.30 Murder, She Wrote. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: LazyTown. (R) (T) 3.50 Bear Behaving Badly. (T) 4.10 Shaun the Sheep. (R) (T) 4.30 Smart. (T) 5.00 Escape from Scorpion Island. (T) 5.25 Newsround. (T)

5.35 Neighbours. Gail realises she is hindering Paul's recovery by rekindling their romance and returns to Tasmania, leaving her ex-husband heartbroken. Kirsten tells Ned she's leaving Mickey with him indefinitely, while Allan interferes in Pepper and Adam's relationship. Harold is horrified at the result of the baby competition. (R) (T)

6.00 BBC News. (T) 6.30 Regional News Programmes; Weather. (T) 6.55 Party Conference Broadcast. By the Liberal Democrats. (R) (T)

7.00 The ONE Show. (T)

7.30 Inside Out. New series. Documentary series focusing on stories of interest to the region. (T)

8.00 DIY SOS. Nick Knowles and the team help an unselfish woman from Epsom in Surrey to complete the renovating work on her house that was necessary after a fire. Her husband began work but a heart attack slowed down proceedings, especially as his wife was busy caring for her children and grandchildren. (T)

8.30 Rogue Traders. New series. Matt Allwright and his sidekick Dan Penteado expose fly-tippers who knowingly leave rubbish where they shouldn't. One of the presenter's alter-egos, an East European builder, receives a torrent of abuse when confronting one untrustworthy worker and another literally gives Matt a run for his money. (T)

9.00 New Tricks. The discovery of a bloodstained pair of hot pants results in the team being asked to reinvestigate the 1971 disappearance of a mother and her six-month-old son. Lane, who worked on the original case, quickly identifies the victim's husband as the chief suspect, but when Halford and Standing learn two other women were missing in the area on the same day, they suspect they are looking for a serial killer. Amanda Redman stars. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 The National Lottery Draws. Michael Ball sets the balls rolling to decide the all-important numbers. (T)

10.40 FILM: The Mothman Prophecies (2002). Supernatural thriller, starring Richard Gere; (T) National Lottery Update and Weatherview.

12.40 Sign Zone: Antiques Roadshow. (R) (T) 1.30 Sign Zone: Indian Food Made Easy. (R) (T) 2.00 Sign Zone: Ever Wondered About Food? (R) (T) 2.30 BBC News 24. (T)



6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Babies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Escape from Scorpion Island. (T) 8.00 Prank Patrol. (R) (T) 8.30 CBeebies: Mama Mirabelle's Home Movies. (R) (T) 8.45 Come Outside. (R) (T) 9.00 64 Zoo Lane. (R) (T) 9.15 Boof! (T) Ethelbert the Tiger. (R) (T) 9.30 The Koala Brothers. (R) (T) 9.45 Nina and the Neurons. (R) (T) 10.00 Jackanory Junior. (R) (T) 10.15 Postman Pat. (R) (T) 10.30 Coast. (T) 10.40 Wildlife on Two. (R) (T) 11.10 Churchill's Bodyguard. (R) (T) 12.00 The Daily Politics Conference Special. (T) 1.00 Animal Park. (T) 1.30 Working Lunch. (T) 2.00 Lifeline. (R) (T) 2.10 Escape to the Country. (R) (T) 3.10 Open Gardens. (T) 3.40 Frog It! (R) (T) 4.25 Ready, Steady, Cook. (T) 5.10 Identity. (T) 5.55 Party Conference Broadcast. (T) 6.00 Eggheads. (T) 6.30 Take on the Takeaway. (T) 7.00 Crisis on Jimmy's Farm. Hard decisions are needed to save the farm. Last in series. (R) (T) 8.00 The Restaurant. Raymond Blanc tests the couple's management skills. (T) 9.00 Heroes. A flashback to when the heroes first discovered their powers. (T) 9.45 Heroes Unmasked. Insight into the sinister Sylar. (T) 10.00 Never Mind the Buzzcocks. Host Simon Amstell is joined by team captains Bill Bailey and Phill Jupitus. Guests include Romeo from the Magic Numbers, Midge Ure, Nicholas Hoult and Russell Howard. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Today at the Conference. 11.50 Women's World Cup Football. (T) 12.35 Family Guy. (R) (T) 1.00 Family Guy. (R) (T) 1.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

RTP1

0630 Bom dia Portugal 1000 Praça da Alegria 1300 News 1410 Praça de Amor 1515 Operação Triunfo 1715 Lingo 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2315 Football: Sporting V Manchester United 0115 Jeremiah Johnson, film 0400 Telesales 0605 Nós

RT2

0700 euronews 0715 Zig Zag

1300 Discovery Hour 1400

Sociedade Civil 1530 Sim, Amor

1600 Zig Zag 1700 National

Geographic 1815 Diário do Sófia

1830 A Fénos Homen 1900

Biosfera 1945 Zig Zag 2045 Todas

Contra o Chris 2115 national

Geographic 2200 News 2240 24

2315 Bastidores 2330 Clube de

Jornalistas 0030 Noites da 2

0115 Discovery Hour 0215

Consigno 0245 Bastidores 0315

Biosfera 0400 Sociedade Civil

0600 Euronews

SIC

0700 Floribella 0830 Sic Kids

1100 Fatima 1300 News 1415

Eterna Magi 1445 O Profeta 1515

Contacto 1800 Pé na Jaca 1900

Ganhára Que se Gente Se

Entende 2000 News 2115

Chiquititas 2215 Paraiso Tropical

2315 Vingança 0015 Shark 0115

CSI Las Vegas 0215 Sex and the

City 0330 Olhar da Serpente

TVI

0700 Diário Da Manha 1000 Vôcô

TV 1300 News 1400 As Tardes

da Júlia 1700 Que Quer Ganhá

1800 Morangos com Açucar -

Férias da Verão 2000 News 2115

Ilha dos Amores 2215 Doce

Fugitiva 2315 Tu e Eu 0015 The

Silence of the Lambs, film 0230

Toca a Ganhára 0345 TVI Negocios

0400 O Protorector IV 0500

Telesales

Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 Law & Order 10.00 Michael Owen: A Year in the Life Of 11.00 Bones 12.00 Angel 1.00 Star Trek: The Next Generation 1.50 Star Trek: The Next Generation 2.40 British Sex 3.30 British Sex 4.20 Dream Team 5.10 Taste UKTV Gold 1.00 Last of the Summer Wine 1.40 dinnerladies 2.20 Some Mothers Do 'Ave 'Em 3.00 Only Fools and Horses 3.40 Only Fools and Horses 4.20 My Family 5.00 Dallas 6.00 Murder! She Wrote 7.00 Only Fools and Horses 7.40 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Sharpe 11.05 Only Fools and Horses 11.45 Men Behaving Badly 12.25 Men Behaving Badly 1.05 My Family 1.45 The Lenny Henry Show 2.20 The Lenny Henry Show 2.50 Sharpe 4.35 Last of the Summer Wine 5.05 dinnerladies 5.35 Neighbours TCM 1.00 A Patch of Blue PG (1965) 3.00 A Very Private Affair PG (1961) 4.45 Come Fly with Me U (1963) 7.00 High Society U (1956) 9.00 Pale Rider 15 (1985) 11.15 The Split 15 (1968) 12.45 Arturo's Island 15 (1962) 2.15 Teleshopping 2.30 Friendly Persuasion U (1956) The Disney Channel Kids' programmes from 7am, except:

Torn (ITV1 Granada, 9pm)

As events this summer have reminded us, losing a child must be every parent's worst nightmare, especially if you have no idea what's happened to them. This new drama, which is much more topical than the writer could ever have anticipated, stars Holly Aird and Adam Kotz as Sarah and David, who lose sight of their oldest daughter Alice Hooper during a beach holiday. Despite a frantic search, she is never found. More than a decade later, the devastated mum and dad are still trying to come to terms with their loss, but Sarah is unexpectedly given hope when she visits a local shopping centre and spots a teenager she believes to be her missing daughter. The next day, Sarah sees the girl again and follows her back to her home on an estate - and the day after that she confronts and physically attacks the man 'Alice' lives with. The teen, who answers to the name of Lori, is understandably confused, and the man phones the police. The grieving mum is cautioned, but one of the officers attached to the case, DS Sally Bridges, is intrigued by Sarah's claims that even though 11 years have elapsed, she would know her own child anywhere, and decides to dig a little deeper, leading to trauma for two families. Bradley Walsh, Jo Woodcock and Nicola Walker also star.

6.00 Grabbit the Rabbit. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Parents & Teens: Welcome to My World; (T) Before and After. (R) (T) 10.00 Don't Make Me Angry; (R) (T) Before and After. (R) (T) 10.30 How to Dump Your Mates; (R) (T) Before and After. (R) (T) 11.00 Make Me a Grown Up; (R) (T) Before and After. (R) (T) 11.30 Take Away My Takeaway; (R) (T) Burning Questions. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.30 A Place in the Sun. (R) (T) 2.00 FILM: The Guns of Fort Petticoat (1957). Western, starring Audie Murphy. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Minute Wonder: The Season. The Last Night of the Proms. (T) 8.00 Supernanny. Jo Frost returns to Staines to check on the progress of a couple she visited two years ago when they needed help in dealing with their troublesome young twins. (T) 9.00 Millionaires' Mission. New series. Business leaders try to improve living standards in Uganda. (T) 10.00 Brothers & Sisters. Noreen tries to restore normality. (T) 11.00 4Music: Live Music Awards 2007. (T) 12.35 Will & Grace. (T) 1.05 The Osbournes. (R) (T) 1.35 The Osbournes. (R) (T) 2.05 3 Minute Wonder: The Seven Sins of England. (R) (T) 2.10 Hallo Panda. (R) (T) 2.45 Your Face or Mine? (R) (T) 3.15 King of the Hill. (R) (T) 3.45 Wild Things. (R) (T) 4.30 Smallville. (R) (T) 5.15 Countdown. (R) (T)

6.00 Milkshakel: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.20 Oswald. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Fanny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 The Beeps. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifie and the Flowerots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.55 Little Lodgers. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 1.25 Russell Grant's Postcards. (R) (T) 1.35 FILM: Columbo: Last Salute to the Commodore (1976). Crime drama, starring Peter Falk. (T) 3.35 five news update. (T) 3.40 FILM: Songs in Ordinary Time (2000). Drama, starring Bear Bridges. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 RSPCA: Have You Got What It Takes? (T) 7.00 five news. (T) 7.30 David Beckham's Soccer USA. Including Beckham's blog about life in the MLS; (T) 7.30 five news update. 8.00 Body Hell. New series. How women perceive their bodies; (T) 8.00 five news at 9.90 FILM: Panic Room (2002). A mother and daughter get trapped in a specially constructed secure bunker when robbers target their home. Taut thriller, starring Jodie Foster, Forest Whitaker and Kristen Stewart; (T) 9.00 five news update. 11.10 How Nudity Conquered the World. (R) (T) 12.10 Poker World Open III. (T) 1.40 Major League Baseball. As-live coverage of another top game. 5.10 Football Argentina Highlights.

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 Lutonshire News. (T) 2.00 Dickinson's Real Deal. (T) 2.59 London Weather. (T) 3.00 The Alan Titchmarsh Show. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. Slow-cooked pheasant casserole. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

6.55 Party Conference Broadcast. By the Liberal Democrats. (T)

7.00 Emmerdale. Gray is publicly humiliated by Matthew, so turns to Paul for a shoulder to cry on - and ends up leaning in for a kiss. Carrie is frantic about Scarlett's disappearance, but a returning Lexi thinks she knows where her sister is. (T)

7.30 Coronation Street. David is arrested as Bethany remains unconscious in hospital. Gail washes her hands of her son and tells him to pack his bags and go, while Hayley and Roy drift further apart. (T)

8.00 The Bill. An abandoned car leads Callum and Will to a woman caught up in a tragic love triangle in which jealousy explodes into violence as the aggrieved husband stabs his rival and then threatens to kill himself. Meanwhile, a man trying to obtain his birth certificate at a register office discovers his identity has been stolen, alerting Sally and Tony to an extensive benefit fraud scam. Emma Samms and Stephen McGann guest star. (T)

9.00 Torn. New drama series inspired by recent true cases. A woman is dumbfounded to spot a teenager she knows instinctively to be her long-lost daughter, who disappeared during a family holiday more than a decade previously. Convinced that all her prayers have finally been answered, she confronts the couple purporting to be the girl's parents - only to find herself arrested. Holly Aird, Adam Kotz and Bradley Walsh star. (T)

10.00 Bendimor Unpacked. New series. Documentary series meeting Brits who live and work in the resort, together with holidaymakers who flock there every year, to find out if it deserves the bad press it receives. (T)

10.30 ITV News; Weather. (T)

11.05 Tarrant on TV. Chris Tarrant explores the wacky world of global television. (R) (T)

11.40 Sharon Osbourne's Playlist. The X Factor judge chooses five tracks from her past and present, before revealing her all-time favourite to Jayne Middlemiss. (R) (T)

12.05 Make Your Play; (T) ITV News Headlines. (T) 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

Sky Movies Drama

6.35 The Story of an African Farm PG (2004) 8.20 Drama Come Up 8.50 Big Spender PG (2003) 10.30 These Foolish Things 12 (2006) 12.20 The New World 12 (2005) With Colin Farrell. 2.35 Diana: The Final Journey 12 (2007) With Jennifer Morrison. 4.35 See Arnold Run 12 (2005) With Jürgen Prochnow. 6.10 These Foolish Things 12 (2006) With Zoo Tapper. 8.00 Diana: The Final Journey 12 (2007) With Jennifer Morrison. 10.00 The New World 12 (2005) With Colin Farrell. 12.20 See Arnold Run 12 (2005) With Jürgen Prochnow. 2.05 The Boxer 15 (1997) With Daniel Day-Lewis. 4.15 Big Spender PG (2003)

Sky Movies Comedy

6.05 Big Bully PG (1995) 7.45 Superbad Special 8.15 Christmas with the Kranks PG (2004) 10.00 The Longest Yard 12 (2005) 11.55 Something New PG (2006) With Sanaa Lathan. 1.45 Highland II: The Quickeening 15 (1990) With Christopher Lambert. 7.15 Rush Hour 12 (1998) With Jackie Chan. 9.00 Mr & Mrs Smith 15 (2005) With Brad Pitt. 11.05 Basic Instinct 2 18 (2006) With Sharon Stone. 1.05 Highland II: The Quickeening 15 (1990) With Christopher Lambert. 2.40 Renegades 18 (1989) With Kiefer Sutherland. 4.30 In the Line of Duty: Siege at Marion PG (1992)

Sky Movies Action

6.10 Down 'n' Dirty 15 (2000) 7.55 Chill Factor 15 (1999) 9.40 Rush Hour 12 (1998) 11.25 Mr & Mrs Smith 15 (2005) With Brad Pitt. 1.30 Down 'n' Dirty 15 (2000) With Fred Williamson. 3.15 Chill Factor 15 (1999) With Cuba Gooding Jr. 5.00 Action & Thriller Close Up 5.30 Highlander II: The Quickeening 15 (1990) With Christopher Lambert. 7.15 Rush Hour 12 (1998) With Jackie Chan. 9.00 Mr & Mrs Smith 15 (2005) With Brad Pitt. 11.05 Basic Instinct 2 18 (2006) With Sharon Stone. 1.05 Highland II: The Quickeening 15 (1990) With Christopher Lambert. 2.40 Renegades 18 (1989) With Kiefer Sutherland. 4.30 In the Line of Duty: Siege at Marion PG (1992)

Sky Sports 2

6.00 Aerobics Oz Style 6.30 On the Edge 7.00 Aerobics Oz Style 7.30 On the Edge 8.00 Sports Unlimited 9.00 On the Edge 9.30 Ginetta Championship 10.00 The Dogs 10.30 Live Cricket. The opening day of a crucial County Championship fixture. 6.00 Live UEFA Champions League. Sporting Lisbon v Manchester United (Kick-off 7.45pm). 11.00 NFL: Total Access 12.00 Transworld Sport 1.00 Poker Million 3.00 Close

Sky Sports 3

9.00 Foot Brazil 9.30 A-League 10.00 World Pool Masters 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Unlimited 1.00 NFL: Total Access 2.00 On the Edge 2.30 Ginetta Championship 3.00 World Pool Masters 4.00 On the Edge 4.30 The Dogs 5.00 PGA EuroPro Tour Golf 7.00 Live Twenty20 World Championship Cricket. The Super Eight clash in Durban. 8.00 Twenty20 World

Sky Sports Xtra

1.00 Foot Brazil 1.30 A-League 2.00 Poker Million 4.00 NFL: Total Access 5.00 Irish Greyhound Racing 5.30 F1 FA Cup 6.00 Show Jumping 6.30 Total Rugby 7.00 European Tour Weekly 7.30 Live UEFA Champions League. Arsenal v Sevilla (Kick-off 7.45pm). Viewers can access coverage of seven other live matches on the interactive service. 10.00 Watersports World 11.00 On the Edge 11.30 Irish Greyhound Racing 12.00 Max Power 1.00 On the Edge 13.00 Show Jumping 2.00 Close

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-blackandwhite.

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6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Hard Sell; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: LazyTown. (R) (T) 3.50 Bear Behaving Badly. (T) 4.10 Shaun the Sheep. (T) 4.30 Best of Friends. (R) (T) 5.00 Escape from Scorpion Island. (T) 5.25 Newsround. (T)

5.35 Neighbours. Frazer returns to his family home to ask Prue for the truth about his dead brother - and is stunned by what he hears. Janae is forced to think on her feet when Susan comes to suspect Mickey is Ned's son, while Allan grows increasingly certain Adam is a criminal. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Kevin writes a letter of apology to Denise and leaves the Square with Deano. Ian's suspicion of Jane increases when he discovers a shocking message. Phil reluctantly allows Jay to stay for tea with Ben, where he learns the truth about Jade's criminal past. (T)

8.00 What Not to Wear. Mica Paris and Lisa Butcher apply their eye for fashion to single men desperate to be in relationships. The lucky victims are treated to expert criticism of their looks, wardrobes and attitudes as they go through tears, laughter and self-realisation before the transformations are complete and they can be sent on their way to find long-lasting love. (T)

9.00 Who Do You Think You Are? Actor and comedian Griff Rhys Jones researches his family tree and uncovers surprising ancestral secrets. As a child, his mother Gwyneth was told her maternal grandparents had died in a train crash, but records for his great-grandfather reveal an altogether different cause of death. Attempts to find out what happened to his wife and children reveal a tale of poverty, the workhouse and Victorian truant schools. (T)

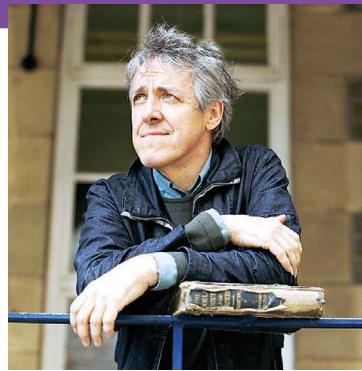
10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week; (T) Weatherview. (T)

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Tribe. (R) (T) 1.55 Sign Zone: Ian Hislop's Scouting for Boys. (R) (T) 2.55 BBC News 24. (T)



6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T)

6.40 Boogie Beebies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Escape from Scorpion Island. (T)

8.00 Prank Patrol. (R) (T) 8.30 CBeebies: Mama Mirabelle's Home Movies. (R) (T) 8.45 Come Outside. (R) (T) 9.00 64 Zoo Lane. (R) (T) 9.15 Boo! (T) Ethelbert the Tiger. (R) (T) 9.30 The Koala Brothers. (R) (T) 9.45 Nina and the Neurons. (R) (T) 10.00 Jackanory Junior. (R) (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Let's Write a Story. (T) 10.50 BBC Primary Geography. (T) 11.00 The Daily Politics: Leader's Speech. (T) 1.00 Working Lunch. (T) 1.30 Live Golf: British Masters. The opening day's play at the Belfry. (T) 6.00 Eggheads. (T)

6.30 Take on the Takeaway. (T) 7.00 Great British Journeys. Nicholas Crane follows in the footsteps of Daniel Defoe. (R) (T) 8.00 The Restaurant. The couples cook for 50 important guests. (T) 9.00 Mock the Week. With guest Michael McIntyre. (T) 9.30 Saxondale. Tommy defends himself in court against the local rail authority, but Magz is worried to discover his character reference is from someone who doesn't actually like him. (T) 10.00 That Mitchell and Webb Look. Sketches include how to win a massive yacht. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Heroes. (R) (T) 12.05 Family Guy. (R) (T) 12.25 Family Guy. (R) (T) 12.50 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Who Do You Think You Are? (BBC1, 9pm)

After seeing somebody on TV, you automatically get an impression of what they're like and, perhaps, the backgrounds they have. But this series has revealed some intriguing secrets about the ancestors of some of Britain's most familiar faces. The celebrity putting his clan in the spotlight is Griff Rhys Jones, who's still best known for his comedy partnership with Mel Smith, despite branching out in recent years to host factual shows Restoration and Mountain. Here, Griff delves into his mother Gwyneth's family. She had been told that her maternal grandparents, Daniel and Sarah Price, were killed in a train crash during the 1890s, and that one of their daughters, Louisa, Gwyneth's mum, had been raised by distant cousins. However, Griff's research soon reveals something wrong with that story - there is no sign of Sarah in any death register, while it seems Daniel was killed during a drunken brawl. The couple had three children other than Louisa, and it's their stories that are the most intriguing. While one began a new life in the US, the others suffered altogether different fates.

6.00 Grabbit the Rabbit. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Parents & Teens: Welcome to My World; (T) Before and After. (R) (T) 10.00 Don't Make Me Angry; (R) (T) Before and After. (R) (T) 10.30 How to Dump Your Mates; (R) (T) Before and After. (R) (T) 11.00 Make Me a Grown Up; (R) (T) Before and After. (R) (T) 11.30 Take Away My Takeaway; (R) (T) 12.00 Burning Questions. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.30 Small Railway Journeys. (R) 1.45 FILM: The Great Sioux Massacre (1965). Western, starring Joseph Cotten. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Season. Last in series. (T) 8.00 10 Years Younger. A DJ receives a makeover. (R) (T) 9.00 Born to Be Different. (T) 10.00 Without a Trace. New series. The search is on for a kidnapped boy. (T) 11.00 Sex Change Hospital. (T) 12.00 4Music: Mika: Video Exclusive. 12.05 4Music: Ibiza Rocks. 12.40 4Music: Dubplate Drama. (T) 1.10 FILM: Khosla Ka Ghosla (2006). Premiere. 3.40 3 Minute Wonder: If This Bed Could Talk. (R) 3.45 3 Minute Wonder: Handsworth Conversations. (R) 3.50 3 Minute Wonder: North Circular Stories. (R) 3.55 Mika: Video Exclusive. (R) 4.00 Lie Lab. (R) 5.00 Science Scams. (R) 5.10 Countdown. (R) (T)

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.20 Oswald. (R) (T) 6.35 Big School. (T) 6.45 Funky Valley. (R) (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (T) 7.20 The Beeps. (T) 7.35 Roar the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.55 Little Lodgers. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Dawson's Creek. (R) (T) 12.55 Russell Grant's Postcards. (R) (T) 1.30 FILM: Lonely are the Brave (1962). Chase thriller, starring Kirk Douglas. (T) (bw) 3.35 five news update. (T) 3.40 FILM: Bermuda Triangle (1996). Adventure, starring Sam Behrens. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 RSPCA: On the Frontline. (T) 7.00 five news. (T) 7.30 Live UEFA Cup Football. Everton v FC Metalist Kharkiv (Kick-off 8.00pm). Colin Murray is joined by Pat Nevin to present coverage of tonight's first-round first-leg encounter at Goodison Park. The winner of this tie will progress through to the group stages and Everton boss David Moyes will expect that team to be the Toffees. However, the Ukrainians are an unknown entity and, after finishing third in their domestic league last season, will be confident about causing a major upset. 10.05 Suburban Shootout. (T) 11.05 CSI: Crime Scene Investigation. (R) (T) 12.05 Quiz Call. 4.00 European Drag Racing. 4.30 NHRA Drag Racing.

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1515 Operação Triunfo 1715 Lingo 1800 Portugal em Directo 1900 O preço Certo 1955 Direto de Antena 2000 News 2100 Grande Entrevista 2145 A Herança De Verão 2245 Superman The Movie, film 0015 A Clockwork Orange, film 0400 Telesaless 0605 Nós RTP2

0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sm Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Todos Contra o Chris 2145 National Geographic 2200 News 2240 My Name is Earl 2330 Animais Como Nós 0030 Noites da 2 0130 Roma 0230 Iniciativa 0415 Sociedade Civil 0545 Euronews

0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pôr na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraiso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0245 Sex in the City 0315 Film TBA

0700 Diário Da Manha 1000 Você na TV 1300 News 1400 Tarde de Julia 1710 Quem Quer Ganhar 1800 Morangos Com Açúcar 2000 News 2115 Isha dos Amores 2215 Doce Fugitiva 2330 Tua E tu 0100 Escritorio 0200 Cartaz das Artes 0230 Toca a Ganhar 0345 TVI Negocios 0400 Protector IV 0445 Telesaless

7.00 TV Gaffes Galore 8.00 Dog Borstal 9.00 The Restaurant: You're Fired!

9.30 The Real Hustle 10.00

EastEnders 10.30 My Penis and Everyone Else's 11.30

Splitting Cells 12.00

Grownups 12.30 Grownups 12.55

The Real Hustle 1.25

TV, Gaffes Galore 2.25

Splitting Cells 2.55 Grownups 3.25

Grownups 3.55 Close

7.00 World News Today 7.00

Weather 7.30 Bleak House

8.00 Francesco's Venice

9.00 The Man Who Walked

Across the World 10.00 Primo

11.20 The Protestant

Revolution 12.20 The Secret

Life of the Motorway 1.20

Atom 2.20 The Man Who

Walked Across the World 3.20

Primo 4.40 Close

1.00 Emmerdale 1.30 The

Jeremy Kyle Show 2.35 The

Jeremy Kyle Show 3.40 Ricki

Lake 4.30 Sally Jessy

Raphael 5.15 Airline 5.45

Judge Judy 7.00 The New

Adventures of Superman 8.00

Amy Winehouse: Summer

Series 8.30 Mika: Summer

Series 9.00 Film: The Beach

1.00 Little Women U (1933)

3.00 The Women PG (1939)

5.35 Father's Little Dividend

U (1951) 7.00 Jailhouse Rock

PG (1957) 9.00 Point of No

Return 18 (1993) 11.00

Whose Life Is It Anyway? 15

(1981) 12.55 The Last Run

15 (1971) 2.30 Teleshopping

2.45 Captain Nemo and the

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The Disney Channel

Kids' programmes from 7am,

except:

1.00 Wonderfalls 2.00 Angel

3.00 Las Vegas 4.00 Stargate

Atlantis 5.00 Stargate

6.00 Malcolm in the

Middle 7.30 Malcolm in the

Underwater City U (1969)

The Simpsons 8.00 The

Simpsons 8.30 The Simpsons

1.00 The Catherine Tate

Christmas Show 11.30 Prison

Break 12.30 Prison Break

1.30 The Lenny Henry Show

2.05 The Lenny Henry Show

2.35 Dallas 3.25 As Time

Go 3.55 Last of the

Summer Wine 4.25

4.25 dinnerladies 5.00 Some

Mothers Do 'Ave 'Em 5.35

Neighbours

4.10 Max Rules: Adventures

of a Super spy

PG (2005)

With William

B Davis 5.45

Comedy

Close Up

6.15 Saving

Grace 15

(1999) With

Brenda Blethyn 8.00 The

Simpsons

8.00 The

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6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Hard Sell; (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC; LazyTown. (R) (T) 3.50 Bear Behaving Badly. (T) 4.10 Shaun the Sheep; (R) (T) Thumb Wrestling Federation: TWIF. (T) 4.30 The Basil Brush Show. (T) 5.00 Escape from Scorpion Island. (T) 5.25 Newsround. (T)

5.35 Neighbours. Lou and Zeke are heartbroken when Lolly leaves Ramsay Street, while Boyd learns Caleb lied to Sky about his past. Susan suggests inviting Karl's ailing father Tom to stay. (R) (T) BBC News; Weather. (T)

6.00 Regional News Programmes; Weather. (T)

7.00 The One Show. (T)

7.30 My Family. The Harpers await their first grandchild - but Susan dreads being a grandmother. Nick becomes fed up with living in his gashly flat and considers moving his way back into the family home. (R) (T)

8.00 EastEnders. Ian follows a sinister lead to discover the truth behind the messages. Kevin resolves to stop Denise running out on him and Jay struggles to come to terms with Jase's past. (T)

8.30 After You've Gone. Jimmy plans a poker game with Kev, Siobhan and Bobby, while Molly is eager to look better than her rival Becky in the school photograph. Comedy, starring Nicholas Lyndhurst. (T)

9.00 A Bucket O' French and Saunders. Jennifer goes on a reality TV tour attempting to impress Dawn in her various judging guises. First up is an audition for Andrew Lloyd Webber's Joseph, a break-dance on the X Factor and finally a visit to the Apprentice boardroom. Plus, a selection of favourite sketches from the archives, including parodies of Silence of the Lambs, Alien and The Matrix, while Kathy Burke guest stars as a member of Westlife. (T)

9.30 Not Going Out. Guy's constant presence in the flat continues to rile Lee and the fact he runs a lap dancing club does nothing to allay his distrust. Meanwhile, Tim's new relationship turns sour. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. Top Gear's Richard Hammond visits the studio to discuss his new book On the Edge, while Helen Mirren talks about her autobiographical work Snapshots from My Life. (T)

11.35 The MOBO Awards 2007. Shaggy and Jamelia present highlights of the ceremony from London's O2 Arena. Nominees include Amy Winehouse, 50 Cent, Kanye West, Rihanna, Akon and Lemar. (T)

1.05 Richard Pryor Live in Concert; (R) (T) Weatherview.

2.25 BBC News 24. (T)



6.00 CBeebies: Balamory. (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Boogie Beebies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Escape from Scorpion Island. (T) 8.00 Prank Patrol. (R) (T) 8.30 CBeebies: Mama Mirabelle's Home Movies. (R) (T) 8.45 Come Outside. (R) (T) 9.00 64 Zoo Lane. (R) (T) 9.15 Booh! (T) Elberth the Tiger. (R) (T) 9.30 The Koala Brothers. (R) (T) 9.45 Nina and the Neurons. (R) (T) 10.00 Jackanory Junior. (R) (T) 10.15 Postman Pat. (R) (T) 10.30 Schools: Look and Read. (T) 10.50 Focus. (T) 11.00 Maths Challenge. (T) 11.15 Maths Challenge. (T) 11.30 What? Where? When? Why? (T) 11.45 Something Special. (T) 12.00 Live Davis Cup Tennis. Great Britain v Croatia. (T) 2.00 Live Golf: British Masters. The second day's play at the Belfry. (T) 6.00 Eggheads. (T) 6.30 Take on the Takeaway. (T) 7.00 The Gardener's Year. Gardening techniques for late summer. (R) (T) 7.30 The History Detectives. New series. The stories surrounding objects passed down through generations. (T) 8.00 How to Be a Gardener. Presented by Alan Titchmarsh. (R) (T) 8.30 Gardeners' World. Advice on clearing crops and planting green manure. (T) 9.00 India and Pakistan 07: Michael Wood: The Story of India. The rise of the Mughal empire. (T) 10.00 QI. New series of the comedy panel game. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Mock the Week. (R) (T) 12.05 The Restaurant. (R) (T) 1.05 FILM: White Heat (1949). Classic drama, starring James Cagney. (T) (bw) 2.55 Star Trek: The Next Generation. (R) (T) 3.40 Star Trek: The Next Generation. (R) (T) 4.25 Close.

5.55 Inuk. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Parents & Teens: Welcome to My World; (T) Before and After. (R) (T) 10.00 Don't Make Me Angry; (R) (T) Before and After. (R) (T) 10.30 How to Dump Your Mates; (R) (T) Before and After. (R) (T) 11.00 Make Me a Grown Up; (R) (T) Before and After. (R) (T) 11.30 Take Away My Takeaway; (R) (T) Burning Questions. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 A Place in the Sun. (R) (T) 1.30 A Brief History of Fun. 1.50 FILM: The Indian Fighter (1955). Western, starring Kirk Douglas. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Reporter Ramita Navai travels through the slums of India to expose the plight of the Dalits, the people at the bottom of the subcontinent's caste system. (T) 8.00 A Place in the Sun: Home or Away. Helping an Elvis impersonator find a new home. (T) 9.00 Peter Kay's Phoenix Nights. A reconstruction of the fire is filmed. (R) (T) 9.30 Peter Kay's Phoenix Nights. Brian organises a quiz night. (R) (T) 10.00 The IT Crowd. Moss decides to invent the perfect bra. (T) 10.35 My Name is Earl. (T) 11.05 Fonejacker. (T) 11.40 FILM: Transmission. 12.45 4Music: Isle of Wight Festival: James Morrison. 1.15 4Music: Isle of Wight Festival: Groove Armada. 1.45 4Music: Doubleplay Drama. (R) (T) 4.00 Goalissimo. 3.05 Freesports on 4. (R) 4.20 Triathlon. (R) 4.30 Transworld Sport. (R) (T) 5.25 Countdown. (R) (T)

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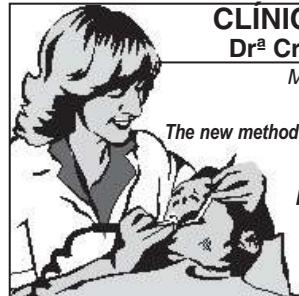
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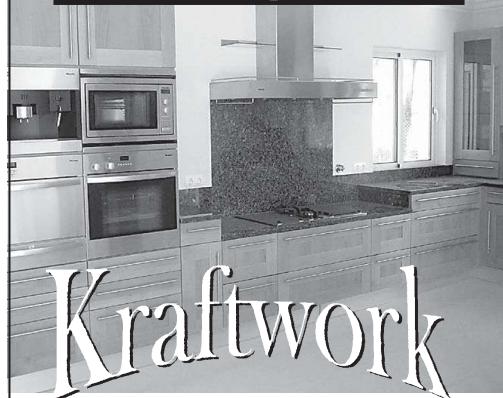
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with Joyce Voelker

Lesson From A Bean Field

Recently I returned from spending two and a half months in my home country, the United States. It was a joy to drive down the highways and side roads of Iowa, a state known predominantly for farming. I have heard that pigs outnumber people in Iowa and I suppose it is true. Between the cities and towns, the highways are lined by large fields of either corn or soybeans.

While in Iowa, I sent a postcard to one of my Portuguese colleagues and friends. Having never traveled to the United States and not knowing anything about the part of the country I am from, she was quite surprised to see grassy areas among the buildings that comprise the city skyline. My friend explained that from what she had seen in the movies, she had always assumed the United States was all huge concrete cities like New York, Los Angeles and Chicago.

Des Moines, a city of 300,000 people is the state capitol. You can find all the shopping and entertainment you desire but it is also easy to find your way back to the country roads dotted with farmhouses, picket fences and silos. This summer I noticed that soybean fields have a beauty all their own. If one is well cared for, you will see acre after acre of clean, straight rows. However, some

fields are less cared for and you can see weeds and other plants sprouting up in the middle of what should be soybeans. A bean field with too many weeds is a danger and a detriment because the weeds choke out the bean plants and keep them from producing as they should. Weeds steal the nutrients the beans need to survive and to thrive.

I spent lots of time on the road driving past bean fields thinking about how sin and the worries and cares of our lives can choke out what is good and beautiful. God desires us to have a life that is productive and fruitful. The Bible is God's message to us and it is our guide to the abundant, joyous life He desires each of His children to live. However, many things in this world threaten to choke out the goodness of God's plan for His children. A wise believer will carefully pluck out these "weeds" just as the farmer cares for his precious crops.

...but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced.

Mark 4:19

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page or email joycevoelker@hotmail.com

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Financial market turmoil to dominate talks at Oporto meet

Recent instability on world financial markets and its possible negative impact on the European economy will be the main theme of discussion among EU finance ministers (ECOFIN) during their two-day informal meeting beginning this Friday in the northern Portuguese city of Oporto.

Portuguese Finance Minister Fernando Teixeira dos Santos will chair the ECOFIN encounter of his 26 EU counterparts, being joined by central bank governors, members of the European Commission and officials from the European Central Bank (ECB).

In comments to the Lusa News Agency, Teixeira dos Santos said he hoped the "joint analysis will result in a common position and perspectives for the evolution of the situation

(in financial markets), in relation to which we will remain vigilant and prudent."

Portugal's finance minister added that he remained "convinced there will be reasons to bolster confidence in the future evolution of markets" and "despite some uncertainty, the foundations of economic growth continue to be solid."

Among issues being discussed by the 27 EU finance ministers will be the management of the International Monetary Fund, as

well as the candidature of Dominique Strauss-Kahn, Europe's candidate for new chief of the world financial body.

The ministers will also discuss proposals to improve the quality of state finances in EU member states through structural reforms and "best practices" in this sector, Teixeira dos Santos told Lusa.

The informal ECOFIN meeting, taking place in Oporto's riverside Custom's House, will be preceded by the usual meeting of finance minister from the 13

eurozone countries, collectively known as the eurogroup. This meeting is being chaired by Luxembourg's prime minister Jean Claude Juncker, also his country's finance minister.

Ahead of this Friday's two-day ECOFIN gathering in Oporto, European Commissioner for Economic and Monetary Affairs Joaquin Almunia said he hoped the meeting would create "points of consensus" to aid "recovery and confidence" in financial markets. *TPN/Lusa*

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ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHURCH Av. da Síntra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30

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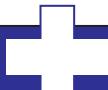
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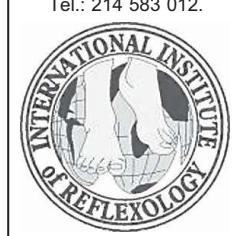
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Scolari loses his head



Serbia's Dragutinovic (Nº3) is kept away after a quarrel with Portugal's Brazilian coach, Luiz Felipe Scolari at the end of the EURO2008 Group A qualifying match, Portugal vs Serbia on Wednesday at Alvalade XXI stadium, in Lisbon. (Photo: Lusa / André Kosters)

Fernandes goes for third straight Beijing title

Newly-crowned world champion Vanessa Fernandes looks to continue her mastery of Beijing with a third straight victory this weekend in the 12th stop of the 2007 BG Triathlon World Cup series. It will be the final time athletes will race the course before next year's Beijing Summer Olympic Games.

Fernandes is coming off an impressive win earlier this month in Hamburg for her first world title.

The Portuguese sensation is aiming for her 18th career world cup win. Anais Moniz and Bruno Pais will also race this weekend hoping to impress on the prestigious Olympic course.

Both men's and women's events will be highly competitive with star-studded fields all vying for the prestigious Beijing world cup title.

Men's world number one

Javier Gomez aims to extend his impressive world cup podium streak which dates back to March 2006. With many other countries using this weekend's world cup as part of their selection process, the competition will be intense.

As the test event for 2008 Beijing Olympic Games, the Olympic standard management and operation will be adopted. The women will race on Saturday at 10am (3am GMT) and the men will start on Sunday at 10am (3am GMT).

SUPERLEAGUE FIXTURES DAY 4

MATCH	DATE	TIME	TV
Setúbal-Braga	Friday	21h15	SportTV
Boavista-Leixões	Saturday	17h00	
FC Porto-Marítimo	Saturday	19h15	SportTV
Benfica-Naval	Saturday	21h15	TVI
Académica-P. Ferreira	Sunday	16h00	
Amadora-Sporting	Sunday	18h00	SportTV
Belenenses-Leiria	Sunday	20h15	SportTV
Guimarães-Nacional	Monday	19h45	SportTV

Proud Portugal makes World Cup debut



Four second-half tries without reply gave Scotland a 56-10 win over a brave Portuguese XV, who were making their debut at the IRB Rugby World Cup.

Despite conceding more than 50 points, Portugal surprised by putting in a brave display against their seasoned opponents.

The biggest cheer of the match was reserved for Pedro Carvalho's 28th minute try for Portugal, which came after their first period of prolonged pressure in the Scotland 22. They bravely tapped a penalty and Pinto offloaded for the wing to score and spark huge celebrations.

The euphoria of Portugal's first ever RWC try had barely died down when Scotland centre Rob Dewey broke through to score, but Pinto then kicked a penalty before Portugal had flanker João Uva sin-binned just before half-time.

Carvalho thought he had scored a second try while Portugal were down to 14-men, but his celebrations were cut short when he realised referee Steve Walsh had ruled him to have been off-

side when he intercepted a Scottish pass.

Portugal face New Zealand this Saturday, and the All Blacks have promised to 'honour' their jerseys by not being lenient on the amateurs from Portugal.



The Portuguese national football coach is facing a lengthy ban from European football governing body UEFA after attempting to punch a Serbian player during a Euro 2008 qualifying match in Lisbon on Wednesday evening.

Luiz Felipe Scolari is in hot water after lashing out at Serbian fullback Dragutinovic shortly after the final whistle in a match between Portugal and Serbia that ended in a 1-1 draw when Portugal conceded a goal three minutes before the end, just as they had four days earlier in their 2-2 draw with Poland.

The draw leaves Portugal third in their qualifying group from which two teams will qualify, and are now two points behind Finland and four adrift of Poland.

Speaking after the match, and shortly after having appeared to have at least intended to punch a Serbian player, Scolari vented his anger at referee Markus Merk.

"The offside goal is a disgrace. He was a metre offside. We made mistakes but this referee always makes mistakes against us", said Scolari.

Regarding claims he had punched an opposing player, he said: "That's a lie. I didn't touch him nor square up to him, I only defended Quaresma. That is why I had to open my arms. I was trying

to keep the Serb away from Quaresma.

"Let UEFA examine what they have to examine. If I have to respond to UEFA I will. It was a normal occurrence. Words exchanged, a shove and nothing else. There is nothing they can charge me with", said the world champion manager.

Regarding criticisms levelled at him by Serbian manager Javier Clemente, Scolari said: "I don't want to know what he said. I am sure he did not look at what his team did".

Javier Clemente had said after the game that "a person like him has to find a new profession, he is not a good example and should not be in the world of sport".

Dragutinovic, the player involved in the tussle with Scolari meanwhile explained his version of events.

"He only touched me slightly, because I veered away I don't know why he did it, but I never thought a manager would do something like that", said the full-back.

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